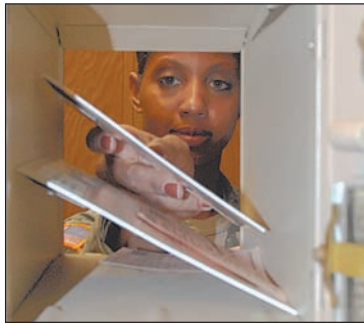


INDEX

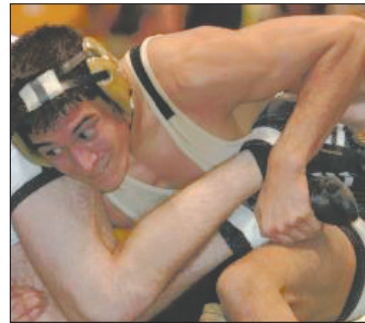
Op-Ed	2	School	19
News	3-11	Cops	21
Feature	8-9	Chapel	23
MWR	12	DHR	22
Community	14-15	Sports	25
Health	18		



Interservice Postal School

Soldiers, sailors, airmen and Marines learn postal ropes at Fort Jackson.

page 9



Army Wrestling

Army team earns 18-15 victory against Lehigh Feb. 17 at Christl Arena, N.Y.

page 25

The Fort Jackson Leader

Thursday, February 21, 2008

Published for the Fort Jackson/Columbia, S.C. Community

www.fortjacksonleader.com

Diversity strengthens today's Army

Mike A. Glasch
Leader Staff

Fort Jackson's former commanding general had a message to deliver to the audience celebrating Black History Month at the 120th Adjutant General Battalion (Reception) Friday.

"The success of our Army is dependent upon how well we put our hands around the multiculturalism within our ranks, how well we put our arms around the diversity in our ranks," said Maj. Gen. Abraham Turner, acting deputy commander/chief of staff, U.S. Army Training and Doctrine Command.

The former Fort Jackson commanding general stressed that this year's theme for Black History Month, "Dr. Carter G. Woodson and the Origins of Multiculturalism," focuses on how the United States has always been racially and ethnically diverse, but it took men like Woodson, considered the father of black history, to bring about acceptance of the different cultures.

In 1915, he founded the Association for the Study of Negro Life and History. Eleven years later, Woodson pioneered the celebration of "Negro History Week," for the second week in February, to coincide with the birthday celebrations for Abraham Lincoln

See Luncheon Page 4

Marking time with Betty Grable



Leader File Photo

Betty Grable, 1930s and 40s Hollywood star, visited Fort Jackson for four days in 1942. She visited with Soldiers and performed daily. Here, Grable has been awarded a miniature Oscar carved from soap by Maj. Emory Cook, dean of the Cooks and Bakers School at Fort Jackson. See page 8 for the Leader's weekly "Marking Time" feature, a flashback in Fort Jackson's history.

Federal rebates to be sent automatically to tax filers

Internal Revenue Service

WASHINGTON — The Internal Revenue Service advised taxpayers Feb. 13 that in most cases they will not have to do anything extra this year to get the economic stimulus payments beginning in May.

"If you are eligible for a payment, all you have to do is file a 2007 tax return and the IRS will do the rest," said Acting IRS Commissioner Linda Stiff.

The IRS will use information on the 2007 tax return filed by the taxpayer to determine eligibility and calculate the amount of the stimulus payments.

The IRS will begin sending taxpayers their payments in early May after the current tax season concludes. Payments to more than 130 million taxpayers will continue over several weeks during the spring and summer. A payment schedule for taxpayers will be announced in the near future.

Stimulus payments will be direct deposited for taxpayers selecting that option when filing their 2007 tax returns. Taxpayers who have already filed with direct deposit won't need to do anything else to receive the stimulus payment. For taxpayers who haven't filed their 2007 returns yet, the IRS reminds them that direct deposit is the fastest way to get both regular refunds and stimulus payments.

Most taxpayers just need to file a 2007 tax return as usual. No other action, extra form or call is necessary. This Website will be the best information source for all updates and taxpayer questions.

In most cases, the payment will equal the amount of tax liability on the tax return, with a maximum amount of \$600 for individuals (\$1,200 for taxpayers who file a joint return).

The law also allows for payments for select taxpayers who have no tax liability, such as low-income workers or those who

receive Social Security benefits or veterans' disability compensation, pension or survivors' benefits received from the Department of Veterans Affairs in 2007. These taxpayers will be eligible to receive a payment of \$300 (\$600 on a joint return) if they had at least \$3,000 of qualifying income.

Qualifying income includes Social Security benefits, certain Railroad Retirement benefits, certain veterans' benefits and earned income, such as income from wages, salaries, tips and self-employment. While these people may not be normally required to file a tax return because they do not meet the filing requirement, the IRS emphasizes they must file a 2007 return in order to receive a payment.

Recipients of Social Security, certain Railroad Retirement and certain veterans' benefits should report their 2007 benefits on

See Rebate Page 4

Ask the Garrison Commander

Tuition assistance; visiting injured Soldiers

Q I haven't used tuition assistance in the last three years, what do I do?

A Go to www.GoArmyEd.com — a username and password will be provided; complete the tutorial, complete and submit the common application, visit or call your Education counselor to complete your enrollment and provide further guidance.

Q I have a casualty question. If my relative is injured while deployed, will you pay for me to go see him?

A If the attending physician believes that an immediate family member's presence would be helpful in the Soldier's recovery and formally requests it, the commander, U.S. Army Human Resources Command may approve Invitational Travel Orders, which are issued by the installation or overseas commander.



Col. Dixon

AR 600-8-1, Army Casualty Reporting/Assistance/Insurance, states that ITOs may be issued to not more than two family members of a Soldier who is hospitalized and classified as very seriously injured or seriously injured. Specific benefit entitlements for family members receiving ITOs are listed in the Joint Federal Travel Regulation volume 1, paragraph U5246.

A Soldier's family member is defined as the spouse, children (including step, adopted and illegitimate children), siblings and parents (includes father and mother through adoption and a person who stood in loco parentis to the member for a period of not less than one year immediately before the Soldier entered the U.S. Army).

However, only one father and one mother or their counterparts may be recognized in any one case.

Garrison Fact of the Week

Did you know that all stray animals found on post are taken to the Veterinary Clinic?

The dogs and cats are kept at the stray kennels while we try to find their owners. Since it is a requirement to have a microchip in all pets living on Fort Jackson, clinic staff can quickly locate about half of the owners. But some animals are not micro-chipped and are not wearing collars.

The staff places advertisements in the lost and found section of *The State* newspaper for these animals. If the owners do not claim their pets, then the pets may be put up for adoption.

Anyone may adopt a pet from the post veterinary clinic; call 751-7160 for more information.

To submit questions to "Ask the Garrison Commander," call 751-2842, or e-mail nahrwolds@jackson.army.mil.

Saying goodbye to David Riley; an inspiration to all

COMMENTARY

Gerald Stoudemire
Directorate of Logistics

Recently I was asked to write about a man I have known and worked with at Fort Jackson for 15 years and who has recently died, C. "David" Riley Jr.

Sometimes a person comes into your life and touches a part of your soul that few can. In my life, David was one of those who touched my life.

David knew what hard work was all about, but never complained. I remember seeing the glow in David's eyes, as he would look over a new shipment of vehicles that had just been delivered to his set-up shop. The more vehicles to be set up and serviced, the bigger the smile on his face. He just enjoyed doing his job and doing it with pride.

David was a quiet man who never pushed himself or his ideas on someone. He just set an example of how things should be done the right way and from that, those who wanted to learn would ask

for his help. David never turned anyone away. He always found the time to teach.

The technical knowledge he possessed would fill volumes of books. Rarely would you ask David a question about a motor, a transmission or about setting up a vehicle that he would not answer off the top of his head.

It is said that if a man loves what he does, he will know it inside and out. That was David when it came to working on vehicles.

David often refused praise. He rarely went to events that might call attention to him. He was content to live a good life, quietly. He was a self-assured man who had no need for someone to pat him on the back and tell him how good he was. He knew who he was and he was happy with that.

David also loved his children and worked hard to provide good lives for them.

After I met David, I would sit and listen to his many tales about what his grandchildren were doing. The names of Eric, Brandon, Will and Emily became known to each of us who worked with

David as if they were our own grandchildren.

I have come to realize just how much David touched my life. I will miss our talks around the shop, as well as his smile and laughter. My first day back to work after David's passing, as I entered the cold and dark shop area, I quickly realized that I would miss David every day until I retire. You see, David took great pride in being the first person at work every morning. He wanted people to enter into their work area with the lights and heat on and the coffee good and hot. It was another of those small things that made David better than most.

Fort Jackson has seen great men and women of character come through its gates. As time has passed, it has also lost so many of those great men and women. Each has left his or her mark on Fort Jackson. But sadly, many were behind the scenes and few people ever knew them. They were known only by the results of



David Riley
1945-2008

their great efforts. David Riley is one of those people. In his 15 years with us here, he has touched so many and the mark his life has left on us will never be forgotten.

When my father died, I remember standing over his grave and thinking that it was going to be so hard to live up to his example in life. I had that same feeling standing over David's grave.

It is my prayer that those who knew him personally and those who have come to know him only through this article, will take some small part of his life and make it his own. By doing so, you will forever honor the man that smiled and enjoyed every day of his life at Fort Jackson.

Goodbye, David, we miss you already.

Memorial

A service for David Riley will be held at 11:30 a.m., Wednesday at Memorial Chapel.

The Fort Jackson
Leader

Fort Jackson, South Carolina 29207

This civilian enterprise newspaper, which has a circulation of 15,000, is an authorized publication for members of the U.S. Army. Contents of the Fort Jackson Leader are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, Department of the Army or Fort Jackson.

The appearance of advertising in this publication, including inserts and supplements, does not constitute endorsement by the Department of the Army or Camden Media Company of the firms, products, or services advertised.

tised. All editorial content of the Fort Jackson Leader is prepared, edited, provided and approved by the Public Affairs Office of Fort Jackson.

The Fort Jackson Leader is published by Camden Media Company a private firm in no way connected with the Department of the Army, under exclusive written contract with Fort Jackson. The civilian printer is responsible for commercial advertising.

For display advertising rates and information:
Camden Media Company, P.O. Box 1137, Camden, S.C. 29021, (800) 698-3514

For classified advertising e-mail:
skaress@ci-camden.com or fax (803) 432-7609.

To submit articles, story ideas or announcements, write

the Fort Jackson Leader, Fort Jackson, S.C. 29207, call (803) 751-7045 or e-mail fjleader@jackson.army.mil.

Staff
Commanding General Brig. Gen. James H. Schwitters
Public Affairs Officer Karen Soule
Command Information Officer Joseph Monchecourt
Editor Carrie David Ford
Staff writer Mike Glasch
Contract writer Chris Rasmussen
Web site www.fortjacksonleader.com

First quarter Helping Hands award recipients



Photo by Kristen Marquez

More than 50 volunteers were honored with the Commanding General's Helping Hand award for the first quarter at the Post Conference Room Feb. 13.

October deployment of GFEBS ramps up at Fort Jackson

General Fund Enterprise Business System

The General Fund Enterprise Business System (GFEBS) program conducted a three-day site visit at Fort Jackson Jan. 29-31. Nearly 200 people attended workshops to learn more about this system, which will be deployed to the Fort Jackson IMCOM garrison in October 2008.

This site visit was the first of many for the GFEBS team. "Site visits are a critical part of our deployment approach," said Len Cayer, GFEBS Global Implementation director. "These events allow future users to understand the site specific impacts GFEBS will have on their organization. We were thrilled with the turnout at this event — not just from the garrison, but also from the tenant organizations that will receive the system in later releases of GFEBS. We wouldn't be where we are without the support we have received from Fort Jackson's leadership."

Col. Lillian Dixon, Fort Jackson garrison commander, opened the general session and discussed the installations commitment to the GFEBS project, and Col. Leon I. Smith, acting deputy assistant secretary of the Army (Financial Information Management) discussed the strategic importance of GFEBS to the Army.

Participants received a high-level overview of GFEBS the first day, as well as information on how it will affect the Army's business processes and plans for system deployment.

The next two days, GFEBS representatives conducted workshops on the following topics: funds management and financials; spending chain (purchase requisition to payment); property, plant and equipment; reimbursables and direct charge (accounts receivable); cost management; system testing; and data conversion.

"Everyone had an opportunity to see the system up close, ask questions about how it will affect their daily responsibilities and the new features that will make our operations more effective," said Jerry Weidner, director of Resource Management at Fort Jackson.

The workshops allowed directors, managers and supervisors a chance to view staff roles designed by Army subject

matter experts and map these roles to end users. The GFEBS team also met with the Directorate of Information Management staff to ensure the garrison's technology systems would be ready for GFEBS.

The Fort Jackson site visit serves as the testing ground for the global, Army-wide deployment of GFEBS (Releases 1.3 and 1.4) beginning in fiscal year 2009. The site visit successfully helped end users understand the steps required for the successful deployment of GFEBS.

"GFEBS will bring a paradigm shift to the way business is performed today in the Army," says Clayton Covey, GFEBS Funds Management lead, deputy assistant secretary of the Army (Financial Information Management). "The experiences taken from our deployment at Fort Jackson will be used as a building block for future site visits during the next two releases of GFEBS."

To learn more about the Army's new GFEBS, visit www.gfebs.army.mil or e-mail Gfebs.info@us.army.mil.

Editor's Note: The General Fund Enterprise Business System is a web-enabled enterprise resource planning system that will allow the U.S. Army to share financial, asset and accounting data across the Service. With more than 79,000 end-users at more than 200 Army financial centers around the world, GFEBS will be one of the world's largest enterprise financial systems, managing nearly \$140 billion in spending by the active Army, the Army National Guard and the Army Reserves. The system will standardize transactional input and business processes across the Army to enable cost management activities; provide accurate, reliable, and real-time data; and tie budgets to execution.



Filing status affects tax liability, benefits received

Christina Clark

Financial Readiness Program

How do you pay the least amount of taxes you legally owe? For those who have not yet filed their taxes, the following is a simplification of filing statuses as provided by the Internal Revenue Service.

Within the basic choices of married or unmarried are the subcategories of single, married filing jointly, married filing separately, head of household, and qualifying widow(er) with a dependent child.

Each filing status has benefits and drawbacks for determining taxes owed and this article covers the most commonly used filing statuses, because choosing the correct status may help reduce tax liability.

Many people can file under more than one status. To choose which one is best, calculate taxes for each filing status to determine which status allows the least tax liability. A person's filing status also determines his or her standard deduction amount as well as eligibility for certain credits and deductions. This is true for both unmarried and married filers.

According to IRS rules, a person is considered unmarried if he or she is single or legally separated, living apart and does not qualify for any other status. A person can also be considered unmarried if he or she is divorced, has had a marriage annulled, is head of household or is a qualifying widow(er) with a dependent child. The standard deduction for single is \$5,350.

Someone who meets the test as unmarried may be eligible to file as head of household if he or she is providing more than half the cost of keeping up a home for a qualifying dependent. This could be a child, a parent, grandparent or sibling who lives in the home for more than half the year. The tax rate is generally lower and there is a higher standard deduction than filing single. The standard deduction for head of household is \$7,850.

A couple is considered married if they live together as husband and wife; are married and living apart, but are not legally separated; or living together in a common law marriage — as long it is recognized in the state of residence.

Declaring as married allows several choices for filing. The most common is "married filing jointly." This can result in the lowest tax of other combined filing status, the combined standard deduction may be higher and other tax benefits may be available that do not apply under other filing statuses. The standard deduction is \$10,500.

Generally, the IRS requires both taxpayers' signatures for "married filing jointly," even when living apart. The exception to this is for service members who are serving in Iraq or Afghanistan.

If a spouse is serving in a combat zone or hazardous duty area, the other spouse is not required to have a power of attorney to file taxes, but will need to send an explanatory statement with the tax return.

Detailed tax information can be found at www.irs.gov, the IRS Web site. For more information, call the Tax Center at 751-JTAX (5829) or for additional information on financial education classes and financial counseling, call the Financial Readiness Program at 751-5256.

Around Post

Job Fair Canceled

The job fair scheduled for March 5 has been canceled.

Blood Drive

A blood drive will be held at the Directorate of Logistics, 2600 Lee Road, from 9 a.m. to 2 p.m., Friday. For more information and to sign up, call 360-2036.

Work Keys Assessment

A WorkKeys assessment test will be held from 9 a.m. to noon, Tuesday. The cost is \$30, payable in cash on the day of the testing. For more information and to register, call 751-6153/5452.

Spouses to Teachers Seminar

Spouses to Teachers will hold a seminar about teacher certification 1 p.m., Tuesday at the Education Center, Room B-303. For more information and to register, call 734-4014.

Troops to Teachers Seminar

Troops to Teachers will hold a seminar about teacher certification and job placement 2:30 p.m., Tuesday at the Education Center, Room B-303. For more information and to register, call 734-4014.

AER Campaign

Army Emergency Relief fund kick off will begin 10 a.m., March 3 at the Joe E. Mann Center ballroom. For more information, call 751-5256.

Vehicle Registration

Vehicles may be registered from 7:30 a.m. to 4:30 p.m., Monday through Friday at the Military Police Station, Administrative Section, as the Vehicle Registration office often has a high volume of registrants.

Rebate *(continued from Page 1)*

certain veterans' benefits should report their 2007 benefits on Line 14a of Form 1040A or Line 20a of Form 1040. Taxpayers who already have filed but failed to report these benefits can file an amended return by using Form 1040X. The IRS is working with the Social Security Administration and Department of Veterans Affairs to ensure that recipients are aware of this issue.

"Some people receiving Social Security and veterans' benefits may not realize they will need to file a tax return to get the stimulus payment," Stiff said. "To reach these people, the IRS and Treasury will work closely with the Department of Veterans Affairs, the Social Security Administration and key beneficiary groups on outreach efforts."

Eligible taxpayers who qualify for a payment will receive an additional \$300 for each child who qualifies for the child tax credit.

Payments to higher income taxpayers will be reduced by 5 percent of the amount of adjusted gross income above \$75,000 for individuals and \$150,000 for those filing jointly.

Taxpayers must have valid Social Security Numbers to qualify for the stimulus payment. If married filing jointly, both taxpayers must have a valid Social Security Number. And, children must have valid Social Security Numbers to be eligible as qualifying children.

Taxpayers who file their tax returns using an Individual Taxpayer Identification Number issued by the IRS or any number issued by the IRS are ineligible. Also ineli-



Photo by Chris Rasmussen

Spc. Kainaan Nelson, a volunteer tax preparer with the Fort Jackson Tax Center, assists Staff Sgt. Thaddeus Robinson, Company B, 1st Battalion, 13th Infantry Regiment, with filing his tax returns Wednesday morning. To date, more than 800 service members, veterans and retirees have had their 2007 taxes done at the Tax Center.

gible are individuals who can be claimed as dependents on someone else's return, or taxpayers who file Form 1040-NR, 1040-PR or 1040-SS.

To accommodate taxpayers who file tax returns later in the year, the IRS will continue sending payments until Dec. 31.

The IRS also cautions taxpayers that if they file their 2007 tax return and then move their residence that they should file a change of address card with the U.S. Postal Service.

The IRS will mail two informational notices to taxpayers advising them of the stimulus payments. However, taxpayers should be alert for tax rebate scams such as telephone calls or e-mails claiming to be from the IRS and asking for sensitive financial information.

The IRS will not call or e-mail taxpayers about these payments nor will it ask for financial information. Scam e-mails and information about scam calls should be forwarded to phishing@irs.gov.

Luncheon *(continued from Page 1)*

and Frederick Douglass.

"While he (Woodson) focused on black history, Woodson pointed out that all ethnicities brought something to our country and that it was of value," Turner said. "Although America has always been racially and ethnically diverse, the nation has not always recognized its multicultural history. With the acceptance of blacks and the black culture, other cultures found a way to gain acceptance here in America."

Turner said the Army has embraced and taken the lead in recognizing the value of multiculturalism and diversity among its Soldiers and leaders. However, he challenged leaders to continue to cultivate the diversity within their ranks.

"The multiculturalism that exists in our Army makes the Army as strong as it is. But to keep it strong, it takes leaders who understand that the young Soldier who comes in from Hawaii is going to be different from the young Soldier who comes in from South Carolina," Turner said. "He (the Soldier from Hawaii) grew up in a different time and space, he grew up in a different culture, he eats different types of food, he thinks it is okay to put sugar on grits. You can't frown upon that."

Michael.Glasch@jackson.army.mil

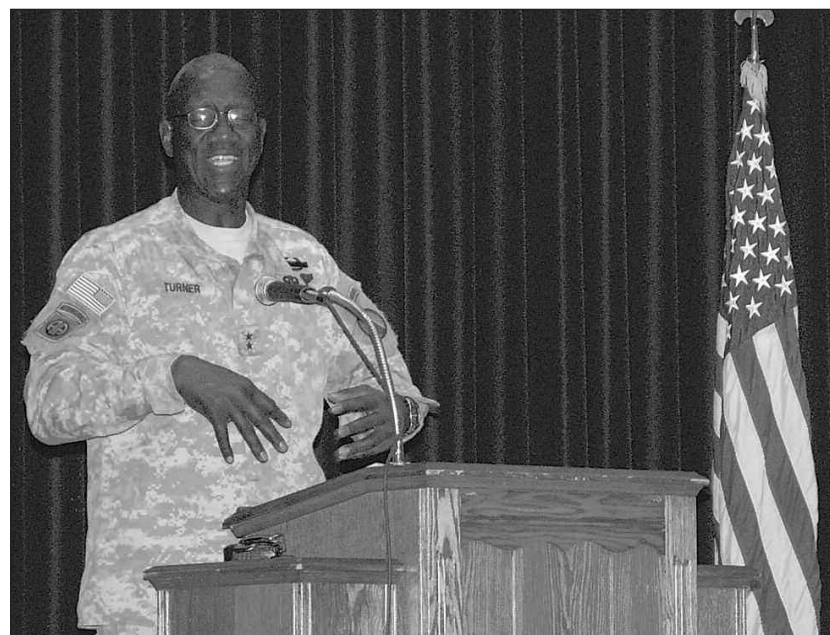


Photo by Mike A. Glasch

Maj. Gen. Abraham Turner, acting deputy commander/chief of staff, U.S. Army Training and Doctrine Command, speaks about Dr. Carter G. Woodson and the origins of multiculturalism at Friday's Black History Month celebration at the 120th Adjutant General Battalion (Reception).

Customer Service Corner

How ICE works for the community

Scott Nahrwold

Deputy to the Garrison Commander

Part two of three: During the next three weeks, the Customer Service Corner will explain the origins of the Customer Management Services.

The first tier of Customer Management Services is the Interactive Customer Evaluation system, developed by the Department of Defense. This automated customer feedback mechanism was implemented across all installation service support areas and provided the capability to immediately alert managers of concerns; request a response; measure all service provider areas equally across the spectrum of installation support; and allow service provider managers the capability to analyze trend data to improve services. ICE was the base tool for customer feedback, and its initial success was the inspiration for the development of the other two tiers.

The second tier of the program needed to be a continuous process to address collective issues or concerns that could not be resolved by ICE. An enhancement of the Army Family Action Plan process, that we named Community FIRST, seemed to be the answer. Community FIRST was designed to solicit feedback on a quarterly, rather than an annual basis.

In today's world of immediate feedback, the Community FIRST quarterly issue resolution process has allowed Fort Jackson to request and respond to issues affecting the community throughout the year.

Issue submission and resolution have increased tenfold under this process and assisted in early identification of community concerns. Issues are validated quarterly to ensure that they cannot be fixed by ICE and then submitted immediately to directorates and organizations for resolution.

Focus groups are convened (two per quarter) and are constituency specific (Soldiers, retirees, veterans, civilian employees, family members, teens and surviving spouses), allowing concentration on their respective, unique concerns.

During quarterly Installation Action Council sessions, voting members review issues that cannot be resolved by the garrison or other installation organizations and decide which issues to forward to the commanding general for resolution or submission

to higher headquarters, and which issues to deem unattainable.

With the third, and perhaps most important tier, we determined the need to gather feedback from the corporate level customers (mission commanders) supported by the garrison. This led to the development and implementation of the corporate assessment, a simple tool to measure and improve those common levels of support (CLS) and service support programs (SSPs) that most directly impact tenant organization mission success.

Analysis of this feedback enables the garrison commander to focus on specific corrective action that may include improved customer service training, Lean Six Sigma initiatives or the need to increase or redistribute standard elements of resourcing. In 2004, IMCOM expanded the CMS program to include Fort Eustis, Va., and Forts Richardson and Wainwright, Alaska, to continue demonstrating a proof of principle.

At every level (individuals, constituency groups, mission commanders), our performance is measured not by functional proponents with vested interests, but rather by the people and organizations we support.

At the IMCOM level, aggregate rollups of installation performance would provide an Army-wide measure of organizational performance assessed not by the hierarchy of IMCOM, but by the Army in the field — a significant contribution to enhanced strategic communication. Performance feedback could be assessed by region, by installation, by supported Army command, by functional areas at each echelon or by functional areas across Army commands. The assessment permutations are limited only by our imagination.

Author's Note: Next week's segment will discuss the future of CMS.

ICE Appreciation

The garrison congratulates the Directorate of Information Management, Help Desk, and Army Community Services, Mobilization and Deployment Readiness Program. They have achieved a 4.95 and a 4.81 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period. This is an outstanding performance in customer satisfaction. Keep up the good work.

A tip of the campaign hat to this week's ...

Drill Sergeants of the Cycle

"Victory Starts Here"

from the "Always Forward" Battalion



Staff Sgt. Richard Rodriguez
Company A,
1st Battalion,
34th Infantry
Regiment



Staff Sgt. Ivan Vitanov
Company B,
1st Battalion,
34th Infantry
Regiment



Staff Sgt. Tracy Crockett
Company D,
1st Battalion,
34th Infantry
Regiment



Staff Sgt. Joshua Noble
Company F,
1st Battalion,
34th Infantry
Regiment

Situational Awareness Leads To A Safer Training Environment.



Pre-mission planning, controls for diminished conditions, and attention to detail are essential for successful mission accomplishment.

97

Number of weeks without a motor vehicle fatality at Fort Jackson.



MARKING TIME

Grable graces Fort Jackson with four-day visit

Chris Rasmussen
Leader Staff

Betty Grable, 1930s and 40s Hollywood starlet, spent four days at Fort Jackson in September 1942 visiting with Soldiers and performing in the USO-Camp Show "Hollywood Follies."

She arrived on the installation Sept. 9 and immediately began her series of stage appearances at the post theater, according to the *Army Times*, Fort Jackson Edition.

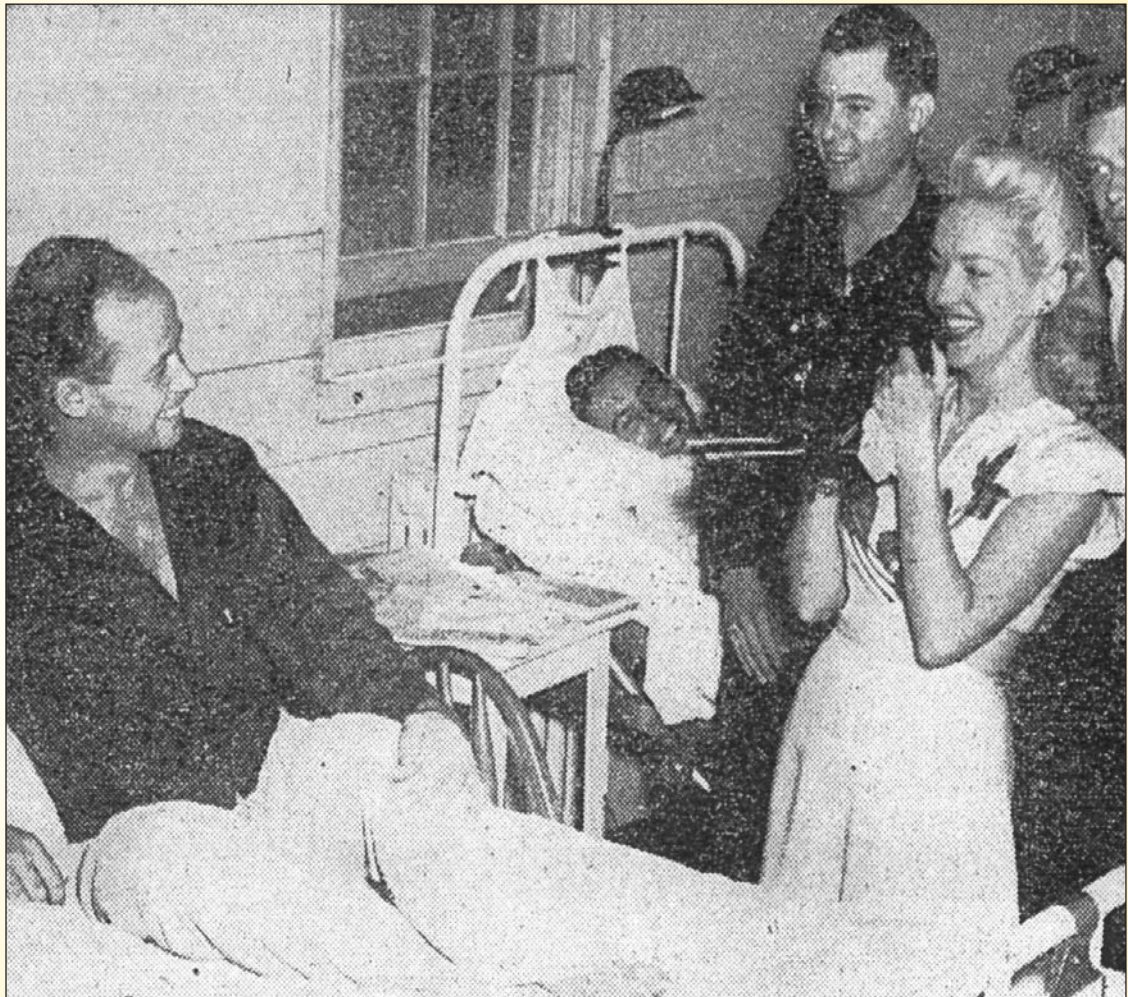
During her stay at Fort Jackson, Grable visited all the high officials on post, including Brig. Gen. R.E. Beebe, post commander, and each of the division commanders. In between her visits with military dignitaries, Betty, as she was called by the boys, constantly kept on the move visiting hospital wards, staging a show in the Patients' Recreation building, performing at the Service Clubs, having mess with the Soldier-students at the Cooks and Bakers School and signing autographs wherever she went.

Grable gave her time and efforts to please Soldiers, talking with them and posing for photographs. Her visit to the post was her last trip to an Army installation with the USO during a two-week tour, in which Fort Jackson was the fifth installation she visited.

One Soldier, however, may have passed up on the opportunity of a lifetime.

Cpl. Henry Reno, Headquarters Company, 8th Division, was given an award for naming the division's newspaper. The award was presented during one of Grable's appearances, and the Hollywood bombshell offered to sweeten the pot with a kiss. But it was all too much for Reno, who apparently stricken with shyness, declined her offer.

Chris.Rasmussen@jackson.army.mil



Leader File Photo

Betty Grable, 1930s and 40s Hollywood starlet, photographs Cpl. Jorgen Jensen, a staff photographer with the Fort Jackson News. Jensen was hospitalized as the result of an automobile accident while on assignment, which kept him from being able to photograph Grable during her four-day visit to the installation in 1942.

We want your input

The *Leader* is seeking historical stories and photos to use in its weekly Marking Time section. Retirees, veterans and community members with an interesting fact, story, photo, artifact, etc. pertaining to Fort Jackson should e-mail fjleader@jackson.army.mil.

FEATURE

Learning the postal ropes in a joint environment

Mike A. Glasch
Leader Staff

The ponies have long been replaced by commercial and military aircraft, as well as commercial sealift vessels.

But for Soldiers, Marines, airmen and sailors who pass through the Interservice Postal School on Fort Jackson, the mission remains the same — to provide post services to members of the armed forces and Department of Defense civilians, including their accompanying family members.

Last year, more than 1,200 service members attended one of three IPS courses — Postal Operations Course, Postal Supervisor Course and the Reserve Component Postal Operations Course. More than 1,400 students are expected to attend this year.

“Our main mission is to teach them basic and supervisory postal skills that will enable them to work in a military postal facility,” said Marine Chief Warrant Officer Travis Zinn, director, IPS. “They’re not going to know it all when they leave here, but they are going to get a taste of some good information.”

Until 1980, each military service and government agency managed its own mail program. On May 5 of that year, the Department of Defense designated the Army as the single manager for the Military Postal Service (MPS). The MPS is an extension of the United States Postal Service, and generally operates where the USPS does not.

The former Military Mail Terminals of the Army and Fleet Post Offices of the Navy at New York and San Francisco were reorganized in September 1980 as Joint Military Postal Activities Atlantic and Pacific.

IPS was established in the summer of 1982 at Fort Benjamin Harrison, Ind., under the Soldier Support Institute and moved to Fort Jackson in 1995. It is staffed by instructors from all four services.

The Postal Operations Course is a five-week course that trains students (E-1 through O-4) in the basic skills required to perform duties as a postal clerk. The course consists of topics such as: operating a postal service center, domestic and international mail and mail transportation.

The Postal Supervisor Course runs two weeks and four days. Students (E-5 through O-4) are taught the management and supervisory skills required to perform duties as a postal supervisor. The school has a mock post office to help students apply their lessons in a real-world setting.

The Reserve Component Postal Operations Course is a two-week course that trains Army Reserve Soldiers (E-1 through O-4) in Phase II of postal operations.

This training completes the Postal Operations Course for those students who have completed Phase I at a reserve location, and enables the student to receive the F5 Additional Skill Identifier.

In an era when a majority of communication is done electronically, Zinn likes to remind his students of the value of traditional mail.

“I always stress to the students that getting e-mail or a phone call from home is nice, but there’s something special about having that letter you can read time and time again,” he said. “They can smell it, touch it, keep it in their cargo pocket and read it whenever they want. It’s a big morale booster that these young individuals make happen whenever they might be.”

Michael.Glasch@jackson.army.mil



Photo by Mike A. Glasch

Staff Sgt. Shemeka Wright, instructor, Interservice Postal School, puts letters into a post office box at the school's mock postal center.



Students in the Postal Operations Course learn how to key in ZIP codes to help in the sorting of mail.



Air Force Tech. Sgt. Nelson Pineda, instructor, Interservice Postal School, poses as a customer needing to ship a package at the school's mock postal center.

ARMY NEWS

Walter Reed opens new Warrior Clinic

Elizabeth M. Lorge
Army News Service

WASHINGTON — Secretary of the Army Pete Geren and Vice Chief of Staff of the Army Gen. Richard Cody were at Walter Reed Army Medical Center Tuesday for the official opening and ribbon cutting of the hospital's Warrior Clinic.

Today we celebrate one more building block of the construction of an organization that better meets the needs of our Soldiers. One more building block in the reconstruction of America's confidence that our Army was true to our values," Geren said.

The only clinic of its kind in the Army, it actually began treating patients in October, and administers to about 686 outpatient Soldiers assigned to the Warrior Transition Brigade at Walter Reed, said Col. Patricia D. Horoho, commander of the Walter Reed Health Care System.

According to Head Nurse Maj. Greta Collier, the entire clinic was constructed in less than two months and was designed with handicapped Soldiers in mind.

A larger example of the 35 Warrior Transition Units across the Army, the WTB consists of three companies.

The centerpiece of the WTU or WTB is the triad: squad leader, nurse-case manager and primary-care manager. Each company has its own primary-care doctor (one for every 200 Soldiers) who can get to know the Soldiers, which officials said was critical for continuity of care.

To further ensure that Soldiers' needs are met, there is a squad leader for every 12 Soldiers. The squad leader handles logistics and finances.

There is a nurse case manager for every 18 Soldiers. The case manager tracks appointments and medications. That support

has been crucial in helping keep track of six to seven personal appointments each week, said Sgt. Michael Anthony Mynard, who lost both legs while serving in Iraq with the 2nd Stryker Brigade.

"If any appointments pop up that I don't know about, (my nurse-case manager) will give me a call so I don't miss them, and then if she feels I need an appointment, she'll make one. And if I need an appointment and I can't make it, she'll also make one for me. And then, Sgt. 1st Class Torres (my platoon leader) makes sure I get everything I need to get done in order to continue working. It's really good care. It's the best care. I was out of the hospital in under two months. I was out on my own, taking care of myself," he said.

Like many Soldiers, Mynard isn't sure what he'll do next. He joined the Army to be in the infantry, and thinks it will be too painful to do anything else now, but he said he wouldn't want to change a thing.

He would like to go back to school to study auto engineering, a dream the Army and WRAMC may be able to help with. Each room in the barracks has high-speed Internet so Soldiers can attend classes online, and according to Torres, part of his job is making sure his Soldiers are aware of educational and career-building activities at WRAMC.

The Army's goal, explained WTB Commander Col. Terrence J. McKenrick, is to give warriors a better chance of getting back into the force.

WRAMC's return to duty rate is more than 50 percent — or a better transition to the Department of Veterans Affairs. Co-located with the Warrior Clinic are offices for doctors conducting a pilot program between the Department of Defense and the VA to consolidate the medical evaluation



Photo by Kayla Overton

Sgt. Michael Anthony Mynard talks with his nurse-case manager 1st Lt. Laurie Voss and platoon leader Sgt. 1st Class Eliseo Torres at the Warrior Clinic.

board system.

Previously, service members had to undergo a military evaluation and then a separate VA evaluation to receive a disability rating and benefits.

Under the pilot program, according to its director, Col. Maria Mayorga, the military branch determines if a service member is fit for duty and the VA determines the disability rating.

Instead of long delays complained of previously, VA benefits will now start the first day of the calendar month following

separation. Mayorga said that the 60 service members currently in the pilot like how quick the process moves. Under the old system, she said, it took about 220 days to be evaluated at WRAMC, and then another 180 days at the VA. The new system takes 240 days total and accounts for the varying requirements of individual services.

"In concept, it is a 200-percent improvement over what existed and there is a tremendous commitment among Army, Defense, VA to make this pilot program work," Mayorga said.

M1-A2 Abrams tanks modified for safety, precision

Pfc. April Campbell
Army News Service

CAMP TAJI, Iraq — Technicians are modifying M1-A2 Abrams tanks here to make them safer and more precision-effective in the dense, urban Baghdad environment.

For Multi-National Division-Baghdad tankers with the 3rd Brigade Combat Team, 4th Infantry Division these equipment modifications are taking place in the form of the Tank Urban Survival Kit which is being added to their M1-A2 Abrams tanks.

These TUSK additions include an increase to the Soldiers' safety and the tanks' effectiveness in operations in this area north of Baghdad.

They are currently being installed in Abrams tanks throughout MND-B by General Dynamics, a government contractor responsible for fielding, issuing and the maintenance of these systems.

The modifications include a new driver's safety seat, improved tank armor and vision enhancements, as well as an attached sniper rifle, said Shawn Safford, a senior tank systems technician in MND-B for General Dynamics.

Sgt. 1st Class Sean Rinder, who serves as the platoon sergeant for 2nd Platoon, Company C, 1st Combined Arms Battalion, 68th Armor Regiment, 3rd BCT, operated the Abrams during the unit's previous deployment in the more rural provinces of Diyala and Salah al-Din.

"Last time I was here, I had to reload the .50-cal. machine gun while I was in contact," he said. "I had to expose myself from the waist up to do that."

With the new cupola armor, Rinder said, he would not be as exposed if he were in the same situation.

While he said he has always been confident in his equipment and crew, the modifications will add to that security blanket.

The increased level of security is echoed outside the tank as well. Tankers are able to more precisely target an enemy with a decreased risk to the surroundings because a gunner's sniper rifle has been added to the tank.

"We're still lethal at long ranges without destroying everything. The sniper rifle mitigates the collateral damage," said 2nd Lt. Frank Simmons, who serves as the platoon leader with 2nd Plt., Co. C, 1-68 AR.

"The new visual aids will also help the Soldiers target enemies with more precision. These devices will assist the tankers in positively identifying enemies," said Sgt. Albert Arca, a tank gunner with 2nd Plt., Co. C, 1-68 AR. "The improved safety features mean greater piece of mind when conducting missions in sector and will allow us to focus more on the mission."

Note: Pfc. April Campbell serves with 3rd Brigade Combat Team Public Affairs.

Army Family Covenant Update

EFMP offers respite care for enrolled families

Theresa O'Hagan

Morale, Welfare and Recreation

Caring for a loved one with special physical, emotional or mental needs not only can put a strain on the caregiver, but on other members of the family. Through the Exceptional Family Member Program and the Army Family Covenant, families enrolled in EFMP can get up to 40 hours a month of respite care.

"Respite care funds are available to family members with special needs who are enrolled in the Exceptional Family Member Program and who meet specific medical criteria," said Cheryl Jackson, EFMP director. "The Soldier or spouse can contact Army Community Service EFMP staff for an assessment and obtain the enrollment and medical forms needed to apply."

Respite care provides temporary relief to both families and caregivers, thus allowing them to rest and relax; engage in other daily activities; cope with additional daily responsibilities; and grow and stabilize the family unit. In addition, respite care services can be targeted to specific disabilities.

Respite care is available both on and off post and provides care for a variety of needs.

EFMP is a mandatory enrollment program, designed to inform the Department of the Army of family mem-



Photo by Cheryl Jackson

The Exceptional Family Member Program offers many activities, including trips to Palmetto Falls Water Park.

bers with special needs. The program works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical and personnel services to families with special needs.

An exceptional family member is any qualifying family member, child or adult, with physical, emotional, de-

velopmental or intellectual disorders who requires special treatment, therapy, education, training or counseling.

Fort Jackson has approximately 1,200 family members with special needs. Army wide, there are more than 100,000 family members enrolled in EFMP.

EFMP can assist Soldiers and family members with:

- Finding post and community special needs services, programs and activities (including summer camps).
- Training classes and workshops.
- Linking families in similar special needs situations.
- Providing respite care.
- Information on public laws.
- Offering an EFMP support group and links to other support groups in the local community.

— Information and links to services at other installations.

- Help with exception to policy for housing.
- "Child find activities" to identify children with special needs.

- Early intervention referrals.
- Service coordination for individualized education plans.

For more information on EFMP or respite care, call 751-5256 or visit www.militaryhomefront.dod.mil/efm or www.myarmylifetoo.com.

Today

Southern Style Lunch Buffet, from 11 a.m. to 2 p.m. at the Officers' Club. The buffet is open to everyone.

Friday

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

Dance to a variety of music provided by DJ Randall at **Magraders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magraders Pub and the cover charge is \$3 for military and \$5 for civilians.

Artistic Expression with Jake begins at 6:30 p.m. at the Youth Center Teen Room.

Saturday

Step Team practice begins at 2 p.m. at the Youth Center Dance Room.



The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways are 9:30-11 p.m.

Magraders Club presents **Latin**

Night with DJ Luis. The cover charge is \$3 for military and \$5 for civilians.

Sunday

Play **Victory Bingo** 12:30-4:30 p.m. Come to **brunch** from 11 a.m. to 2 p.m. at the Officers' Club.

Family Day at the Youth Center will be held 2-6 p.m.

Monday

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11

a.m. to 1:15 p.m. for \$7.

Tuesday

Movie Night begins at 6 p.m. at the Youth Center in the Teen Room.

Enjoy **free movies** every Tuesday at Magraders Pub.

Wednesday

Be a sensation with **Karaoke** at **Magraders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

The **Exceptional Family Member Program** support group meets 6 p.m. at the Youth Center.

Ongoing Offers

• The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.

• The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-

10 years old.

• The **NCO Club caters** to all your needs: dining in, dining out, promotions, breakfasts, meetings, birthdays, weddings, graduations, retirements and any other special occasion.

• The **Officers' Club specializes in catering** wedding receptions, anniversaries, promotions and other special occasions.

• **Victory Travel** has special offers for a variety of dinner shows and attractions. Some require reservations. Stop by Victory Travel in the MG Robert B. Solomon Center for more information on available discounts.

• **Child care** fees are based on total family income (not rank or grade). Care during duty hours is work-related, so fees are based on a family's ability to pay a fair share. The Army makes no profit, but funds the difference in what is paid and the actual cost of child care. Call 751-4865 for information.

COMMUNITY HIGHLIGHTS

This Week

Financial Readiness for Initial PCS

A financial readiness class for Soldiers who PCS for the first time will be held 8:30-10:30 a.m., today at the Education Center, Room B302. For more information, call 751-5256/6325.

Play Group

A play group will be held 10-11:30 a.m., Monday at 5953C Parker Lane. For more information, call 751-5256/6325.

Car Buying

A class on car buying will be held 8:30-10:30 a.m., Tuesday at the Education Center, Room B302. For more information, call 751-5256/6325.

EFMP Support Group Potluck

The Exceptional Family Member Program will hold a potluck 6-8 p.m., Tuesday at the Youth Center.

The guest speaker is Bobbie Coward from Blythewood Middle School Academy.

For more information, call 751-5256 or e-mail jacksonc1@jackson.army.mil.

Steps to Federal Employment

This workshop will be held 8:30-11:30 a.m., Wednesday at the Strom Thurmond Building, Room 213. The workshop will explore every step of the Army Resumix process for federal jobs. For more information and to register, call 751-6153/5452.

Reassignment Briefing

A Reassignment Briefing will be held 1:30 p.m., Wednesday at the Strom Thurmond Building, Room 213.

The Phase II briefing (for overseas assignments only) will be held immediately following the Phase I briefing and is mandatory for all Soldiers scheduled to PCS overseas.

For more information, call 751-5578.

Levy Briefing

A Levy Briefing will be held 2:30-3:30 p.m., Wednesday at the Strom Thurmond Building, Room 213. For more information, call 751-5256/6325.

Upcoming

Insurance Class

A class on insurance will be held 9-10 a.m., Feb. 28 at the Education Center, Room B302. For more information, call 751-5256/6325.

Kinder Gym

Kinder Gym will be held from 10:45

Homes and love needed



Photos by Kristen Marquez

These animals at the Fort Jackson Veterinary Clinic need a home.

From left: 6-month-old male Lab mix, loveable 1-year-old female mixed breed dog, 5-year-old male Irish wolfhound mix. For information on adoption call 751-7160.

a.m. to noon, Feb. 29 at the Youth Services Gym. For more information, call 751-5256/6325.

Hoopla Day

Hoopla Day will begin at 4 p.m., Feb. 29 at the Youth Center.

Activities include hula hoop and basketball. For more information, call 751-5040/3773.

Blowout Sale

The Thrift Shop will hold a blowout sale March 1. For more information, call 787-2153.

Managing Your Emotions Under Stress

A class on how to manage emotions while under stress will be held from 9 a.m. to 3 p.m., March 4 at the MG Robert B. Solomon Center, Marion Room. For more information, call 751-5256/6325.

Career Exploration/Resume Writing

A class on career exploration and resume writing will be held 8:30-11:30 a.m., March 5 at the Strom Thurmond Building, Room 213.

For more information, call 751-5256/6325.

Newcomers' Orientation

A newcomers' orientation brief will be held 9-11 a.m., March 5 at the Post Conference Room. For more information, call 751-5256/6325.

Checkbook Maintenance

A class on checkbook maintenance will be held 8:30-10:30 a.m., March 5 at the Education Center, Room B302. For more information, call 751-5256/6325.

Parents Who Care (Early Childhood)

A Parents Who Care (Early Childhood) meeting will be held from 9 a.m. to 2 p.m., March 5 at the Strom Thurmond Building, Room 229. For more information, call 751-4862.

Re-entry Briefing

A re-entry briefing will be held 11 a.m., March 5 at the Post Conference Room. For more information, call 751-5256/6325.

Child Abuse Awareness Class

A class on child abuse awareness will be held from noon to 2 p.m., March 5 at the Main Post Chapel. For more information, call 751-5256/6325.

National Prayer Breakfast

Fort Jackson's National Prayer Breakfast ceremony will be held 7 a.m., March 12 at the NCO Club. Col. Robert Choppa will be the guest speaker. Special music will be provided by Crystal Garrett, Miss South Carolina. Tickets are available from unit chaplains and from the installation chaplain's office. For more information, call 751-3121/3122.

Announcements

Tax Center

The tax center requires customers to bring un laminated Social Security cards for themselves, their spouse (if filing jointly) and any dependents claimed on the tax return.

Thrift Shop News

The Thrift Shop will accept spring clothes starting March 1. Starting in April, space may be rented on the 1st Saturday of the month for \$5. The Thrift Shop is looking for volunteers. Up to 30 hours of child-

care are provided for volunteers. For more information, call 787-2153.

Requests for Welfare Donations

The Thrift Shop is accepting requests for welfare donations. All requests must be received by April 1. Any request must include the reason for need/welfare; the organization requesting the donation with a point of contact; phone number and address; description of how the donation will be used; description of how organization serves the greater Fort Jackson community. Send requests to: Fort Jackson Thrift Shop, Attn: Welfare Chairperson, P.O. Box 10094, Fort Jackson, SC 29207. For more information, call 787-2153.

Phone Book Recycling

Old phone books are accepted for recycling at Fort Jackson Recycling Center until March 15. For more information and to find other drop-off locations, visit www.KeepTheMidlandsBeautiful.org.

APO/FPO Flat-Rate Box

The U.S. Postal Service will offer a military discount for Priority Mail large flat-rate boxes shipped to APO/FPO addresses starting March 3.

The boxes cost \$10.95 and can be ordered online starting Wednesday. For more information, visit www.usps.com.

Motorcycle Safety Training

To ride a motorcycle on Fort Jackson, Soldiers and civilians are required to take the Basic Rider Course. Soldiers also need to attend the training to ride a motorcycle off post. The BRC is a two-day course offered weekly.

The Safety Office also offers an optional Experienced Rider Course. All classes are free. Soldiers and civilian employees will not be charged pass or leave to attend. Training is available to retirees and family members on a space available basis. For more information, call 751-RIDE (7433).

Girl Scout Cookie Sale

Girl Scout cookies will be sold at the main post exchange and commissary until March 9. For more information, call 736-5875.

MOAA Scholarships

The Military Officers Association of America is offering \$1,000 grants to 25 dependent children of active duty person-

Have a Community Announcement?

Community submissions to the Leader should be typed, no more than 45 words, and should include: who (is affected or involved), what (it is), when (it occurs including time and date), where (it is taking place), and a why if necessary. They must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit announcements for style, grammar and to fit the space. To submit an announcement to the Leader, e-mail it to FJLeader@jackson.army.mil

COMMUNITY HIGHLIGHTS

Relief for tornado victims



Photo by Mike A. Glasch

Fort Jackson installation chaplain Col. Henry Haynes, left, and installation unit ministry team NCOIC Sgt. Maj. Edgar Epps, right, present a check worth more than \$11,000 to Jo An Miller, the American Red Cross senior station manager on Fort Jackson. All post chapels participated in a designated offering for the victims of recent tornadoes in Tennessee, Kentucky and Arkansas.

nel. Eligible students must be younger than 24, working on a first undergraduate degree and a dependent of and active-duty service member, including drilling Reserves and National Guard.

Grant recipients will be randomly selected. Applications must be received by noon EST, March 3. For more information and to apply online, visit www.moaa.org/education.

Deployment Resource Library

A new library and resource center is now open at 2179 Sumter Ave., Room A-12. The library is open from 9 a.m. to 4 p.m., Monday through Friday. For more information, call 751-7489/7491.

USC ROTC Battalion Enlisted Instructor Positions

Retiring or recently retired master sergeants may be eligible for active duty enlisted instructor positions at the University of South Carolina Army ROTC Battalion. For more information, call 777-3644 or e-mail Charles.Brown@sc.edu.

Gun Locks Available

Free gun locks are available while supply lasts from the Installation Safety Office at 3290 Forney St. or from the Directorate of Emergency Services at 5499. The locks can be picked up between 7:30 a.m. and 4:30 p.m.

Absentee Voting

Absentee voters can exercise their right to vote by completing the Federal Post Card Application (FPCA Standard Form 76) or complying with the ballot request procedures enacted by the state in which they vote.

After mailing in the application, the voter will receive his or her absentee ballot. Mailing guidelines differ from state to state. For more information, contact your

Unit Voting Assistance Officer or visit www.vote.army.mil.

Fort Jackson Wives Online Group

An online group for Fort Jackson wives is available at <http://groups.msn.com/FortJacksonGirls>.

ROA Offers Scholarships

The Reserve Officers Association offers \$500 merit-based scholarships for undergraduate and graduate study at accredited colleges and universities. Undergraduate scholarships are available to children and grandchildren of ROA members; graduate scholarships are available to ROA members.

Application deadline for the 2008-2009 school year is April 10. ROA membership and scholarship applications are available online at <http://www.roa.org>. For more information, e-mail grallen@comcast.net.

Resume Help

The Army Community Service's Employment Readiness Office offers free resume preparation help to military spouses. Call 751-5452 for assistance.

School

Homeschoolers Group

Fort Jackson has an active group of homeschoolers who share activities, ideas and fellowship. For more information, call 419-0760 or 751-6150 or visit online at <http://groups.yahoo.com/group/FortJacksonHomeSchoolers/>.

Arrange for VTC of High School Graduation

Graduating seniors with deployed family members should contact the school liaison officer for possible VTC transmission

Recurring Meetings

Weekly

Walking Away Stress meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

Play Group

A play group will be held 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

Range Control Briefing is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

Civil Air Patrol meets at 7 p.m., Mondays at Owens Field and 7 p.m., Tuesdays at Columbia Metropolitan Airport. For more information, e-mail cc@scwg.cap.gov or visit online at www.scwg.cap.gov.

Helping Everyone Reach Optimum Strength meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

Medical Board Office is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

Protestant Women of the Chapel meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free childcare is available. For information, e-mail pwocjackson@yahoo.com.

Overseas Travel Clinic is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

Military Widows/Widowers Association meets at 2 p.m.,

Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

Monthly

Seabees meet at 7 p.m., the second Monday of each month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792 or 755-0300 for more information.

Fort Jackson Enlisted Spouses' Association meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail esa2005fj@yahoo.com.

Sergeant Audie Murphy Club meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room, and is open to everyone.

Gastric Bypass Support Group meets at 6 p.m., the second Tuesday of the month in the Moncrief Army Community Hospital eighth floor day room. For more information, call 751-0392.

Fleet Reserve Association Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

Fort Jackson "Victory Riders" Motorcycle Club meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail sec@fjvictoryriders.com.

Society of American Military Engineers meets at 11:30 a.m., the fourth Thursday of the month.

For information, call 254-0518 or 765-0320.

U.S. Navy Sea Cadets meet the third weekend of each month. The group is for children ages 11-18. For more information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to fjleader@jackson.army.mil.

of high school graduation ceremony by e-mail at Ruth.Russell@jackson.army.mil or by calling 751-6150.

Youth of the Month

The Fort Jackson Middle School/Teen program is accepting nominations for the

Boys and Girls Club Youth of the Month.

Candidates must be 14-18 years old, belong to the Fort Jackson Youth Center, exhibit leadership potential and have contributed to their family, church, school or community during the past months. To submit a nomination, call 751-6385/3977.

HEALTH

Smokeless tobacco hooks users, too

Brad Taft
U.S. Army Center for Health
Promotion and Preventive Medicine

While the dangers of cigarettes are widely discussed in society, smokeless tobacco receives considerably less attention. Users of smokeless tobacco often claim that chewing is a better choice than smoking cigarettes.

However, just like cigarettes, smokeless tobacco is highly addictive. The drug nicotine makes tobacco addictive, and the amount of nicotine one gets from a dip of chewing tobacco is three to four times the amount delivered by a cigarette.

Just like any other addiction, addiction to smokeless tobacco comes at a price:

— Money. Each year, users of smokeless tobacco spend hundreds of dollars on a product they spit out.

— Health. Dipping may lead to problems with teeth, mouth and stomach from the chemicals in smokeless tobacco. It may also cause heart problems and cancer.

— Priorities. Everything starts to revolve around being able to have a chew.

One sign of being addicted is not being able to get through the day without chew-

ing tobacco. According to the U.S. Centers for Disease Control and Prevention, the nicotine in tobacco makes it as tough to break free of tobacco addiction as it is to break free of addiction to heroin or cocaine.

However, it is possible to overcome smokeless tobacco addiction. One way is to participate in the annual Great American Spit Out, which is held today. For more information on smokeless tobacco and GASpO, visit <http://chppm-www.apgea.army.mil/dhpw/Population/TobaccoCessation.aspx> or



<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/SpitTobacco/default.htm>.

Editor's Note: The U.S. Army Center for Health Promotion and Preventive Medicine is the Army's public health organization. It supports Soldiers around the world with health education information and deploys its expert medical and scientific staff to deliver occupational and environmental health surveillance everywhere Soldiers go.

On U.S. military installations, CHPPM provides environmental health engineering and health hazard assessments as well as injury and disease prevention programs.

Keeping young smiles beautiful



Photo by Capt. Andrew Marshall
Katina Davis demonstrates dental hygiene to Dorin Morgan, left, and Rhiannon Martel. As part of Dental Awareness Month, the Dental Command at Fort Jackson is giving classes to preschoolers at Scales Child Development Center to raise awareness and to teach children to become involved in dental health.

Pharmacies open on Saturday

On-post pharmacies will now be open Saturdays for customer convenience. The main hospital pharmacy will be open from 7:30 a.m. to noon and the refill pharmacy will be open from 9 a.m. to noon. To refill a prescription: call toll-free (866) 489-0950; call 751-2250; or visit online at <http://www.moncrief.amedd.army.mil>.

Pharmacy Refills

Refill prescriptions online at www.moncrief.amedd.army.mil. Look for "Pharmacy Refills Online" on the right side of the Web page. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online. MEDDAC requires an authorization form to be completed and signed before a spouse, family member or friend can pick up someone else's prescriptions.

Online Formulary

The Department of Pharmacy has provided an online formulary, which can be viewed from any internet connection at <http://www.pharmacyonesource.com/fos/default.asp?L=69557&g=1>. This formulary can be printed out and taken to the doctor to make sure that MACH carries a specific medication.

MEDPROS Training

MEDPROS training will be held 1-4 p.m. on the third Friday of every month, at Moncrief Army Community Hospital, Room 9-83 (computer lab). For more information and to register, e-mail Jaclynne.Smith@amedd.army.mil.

Health Talks

To have a professional staff member from MEDDAC address a group on health care subjects or preventive medicine wellness check, call the health promotion coordinator at 751-5035 or the Department of Quality Management at 751-2501.

Adult Preventive Health Services

Recommended tests for adults

Test	Age	Frequency
Blood Pressure (Hypertension)	18 and older	Every office visit or yearly
Cholesterol (Hyperlipidemia)	35 and older	Every five years if levels are normal
Mammogram (Breast cancer)	40 and older (women)	Every year
Pap Smear (Cervical cancer)	21 and older earlier if sexually active	Every one to three years
Chlamydia (Chlamydial infection)	25 or younger (women, if sexually active)	Yearly until age 26
Colonoscopy (Colon cancer)	50 and older	Every five to 10 years if normal
Stool Occult Blood (Colon cancer)	50 and older	Every year
Bone Mineral Density (Osteoporosis)	65 and older (women)	Periodically

CHALKBOARD

AVID course prepares, propels students to college

Ruth Russell

School Liaison Officer

Military parents are no different from other parents in that they want the best for their children.

For most, a college education for their child is the route to a successful life. Some kids are clearly heading to college, with nothing to stop them. Others have that ability, but may need an extra boost to achieve it.

AVID, or Advancement Via Individual Determination, is a program that can provide that boost. Just like a good drill sergeant taps the inner strength of recruits enabling them to achieve what they once thought unattainable, AVID brings out that untapped power students already possess.

It is designed to reach those students described as average who want to go to college and are willing to work hard to get there. These students are capable, but are falling short of reaching their full potential.

Have you ever read a teacher comment, "Has the ability to do better" on your middle school or high school student's report card? AVID may be for you.

The values of AVID are core to both the work and organizational mission. AVID believes:

— That we exist first and foremost to

serve our students;

— In opening access and in equality of opportunity for all students;

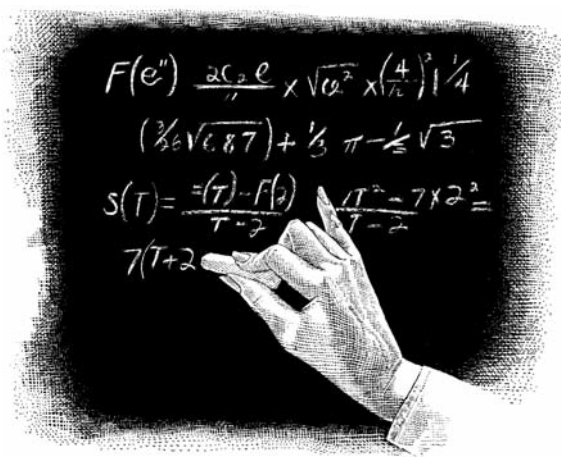
— That all students should have the opportunity to go to college;

— That all students will achieve at the highest levels if given rigor and support;

— In acceleration over remediation;

— In raising expectations over selling our students short;

— in lifelong learning and in the devel-



opment of teachers and all educators;

— that AVID prepares students for participation in our democracy, which presupposes an informed citizenry;

— that any obstacle can be overcome with hard work, individual determination

and support.

— In exposing students to cultural opportunities and broader horizons;

— In being held accountable—to ourselves and to each other;

— That we can change the course of history ... one student, one teacher at a time.

The mission of AVID is to ensure that all students, particularly the least served students who are in the middle:

— Will succeed in rigorous curriculum,

— Will complete a rigorous college preparatory path,

— Will enter mainstream activities of the school,

— Will increase their enrollment in four-year colleges, and

— Will become educated and responsible participants and leaders in a democratic society.

This program is offered in 2,600 middle and high schools across America and in 14 countries. AVID programs have raised college enrollment rates in every location. According to AVID, "94.3 percent of AVID students report enrolling in college, with 77.1 percent in four-year institutions and 17.2 percent in community colleges."

Compare that to the national average of 35 percent for four-year college enroll-

ment.

AVID students are placed in rigorous courses such as Honors or Advanced Placement, and given the support to do well in them. Students receive tutoring, often by college students. Activities are designed to help improve critical thinking skills.

AVID is offered as an elective course and can be taken every year middle school through high school. In AVID class, students are taught study and organizational skills. They are taught how to take notes efficiently and how to study those notes.

They are also encouraged, supported and learn to believe that through hard work they can achieve. They learn the process of selecting and applying to a college. Students participate in motivational activities. College becomes a reality that is within their reach. AVID uses positive peer pressure to make success something the group values. According to Victor, an AVID student at Ramstein High School in Germany, "Straight A's is not a sign of a smart man or a man who has potential to be smart, but a sign of a determined man."

Many of our local middle and high schools offer AVID programs. Contact your child's school or the School Liaison Officer 751-6150 to see if AVID is available at your school. For more information on AVID visit online, www.avidonline.org.

Fort Jackson Schools

Terra Nova testing will be held for students between third and sixth grades March 3-7.

A **school board meeting** will be held 4:30 p.m., March 10 at the Pinckney annex.

Spring Break is March 21-28.

Richland District Two

A **school board meeting** will be held 7:30 p.m., Feb. 26 at Blythewood High School.

A **student holiday** will be March 14.

Spring Break is March 21-28.

Richland District One

A **school board meeting** will be held at 7 p.m., Feb. 26 at Lewis Greenview Elementary School.

Early dismissal for elementary and middle schools on March 12 for parent conferences.

SKIES

Cooking classes have started — Thursday for 8 to 12 year olds and Tuesdays for 13 to 18 year olds. For more information, call 751-6777/3053.

SAT/ACT prep course will be held from 10 a.m. to noon, Saturdays.

For information on SKIES classes, call 751-

6777/3053.

Scholarships

Space Camp scholarships are available for military children in sixth through ninth grades. Applications are due by April 1. Details and applications available online at: www.militarychild.org/SpaceCamp.asp.

Maj. Gen. James **Ursano Scholarship applications** are due by March 1. Visit www.aerhq.org for online application and details.

Freebies

Free **spring break camp** (March 24-27) for children of deployed or injured Soldiers. Applications due March 1. For more information, call Beverly Connelly 843-470-3655.

Free **summer camp** for children of deployed or injured Soldiers. Applications will be accepted beginning March 15. For more information, visit www.nmfa.org.

Free **interactive video SAT/ACT prep course** for military dependents. Visit online at sat.eknowledge.com/military.asp for more information.

Free assistance from Midlands Technical College **filling out applications for federal student aid** for any college will be held from 10 a.m. to 3 p.m., Feb. 8 at the Beltline Campus Student Center; Feb. 15 at the Air-



port Campus Student Center, Room 237; Feb. 22 at the Batesburg-Leesville Campus Academic Success Center, Room 106; and Feb. 29 at the Beltline Campus Student Center, Room 227. Visit www.fafsa.ed.gov online to find a complete list of the information you will need.

Free **Discover Egypt** at the Columbia Museum of Art from 10 a.m. to noon, Feb. 23. Hand-on program for the entire family. For more information, call 343-2186.

Editor's Note: For more information on Army School Liaison Services, call 751-6150 or e-mail Ruth.Russell@jackson.army.mil.

Getting closer to God

Chaplain (Maj.) Clyde Scott
U.S. Army Chaplain Center and Schol

Were I to ask, “How many of you want to feel closer to God?”

I am certain that the majority would respond with an inspired, “I do.”

Regardless of our denomination or religion, who among us does not want to feel closer to God? St. Augustine once said, “You have made us for yourself, oh, God, and our hearts are restless until they find rest in you.”

Allow me to share a few ideas that may help you experience a closer relationship with God.

First of all, be patient. We live in a society that wants instant gratification. Instant credit, instant mashed potatoes, etc. It is easy to expect our relationship with God to follow the same script. It won’t. It is easy to think that closeness to God means having to live a sin-free life. But the two do not necessarily go together. God knows and understands that it is not easy living with sin. He realizes that he is working with imperfect human beings. I have to remind myself of this each morning as I drive to work on I-77.

Next, share everything with God. The key to developing intimacy is increasing self-revelation — sharing more and more of oneself. A relationship with God is the same. In your time and conversations with God hold nothing of yourself back. Share the trivial and the mundane of your life along with the major and momentous.

The fact that you even bothered to read this meditation shows that you want to come closer to God. God wants that closeness infinitely more than you do. A closer relationship with God will happen just as swiftly as you are ready for it.

By wanting to feel closer to God, you already are!

Change in Services

Daniel Circle Chapel will have one worship service 10 a.m., Sunday. For more information, call 751-4216.

Calling all prayer warriors

Meetings are held in the Main Post Chapel, Room 213, Thursdays, from noon to 12:45 p.m., to intercede for the nation’s military and families.

Worship services

Protestant

- Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)
8 a.m. Bayonet Chapel (Hispanic)
9:00 and 10:30 a.m. Magruder Chapel
9:30 a.m. Main Post Chapel
10:45 a.m. Post-wide Sunday School (Post Chapel)
11 a.m. Daniel Circle Chapel
11 a.m. Memorial Chapel
11 a.m. Chapel Next
Chaplain School
 - Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel
- PROTESTANT BIBLE STUDY**
- Monday 7 p.m. Women’s Bible Study (PWOC - Post Chapel, Class 209)
 - Wednesday 7 p.m. Anderson Street Chapel
7 p.m. Daniel Circle Chapel
7 p.m. Gospel Congregation’s Youth (Daniel Circle Chapel)
 - Thursday 9:30 a.m.-12:30 p.m. Women’s Bible Study (PWOC, Post Chapel)
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
7 p.m. LDS Bible Study (Anderson Chapel)
 - Saturday 8 a.m. Men’s Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL

- Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)
- Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

- Sunday 8 a.m. Memorial Chapel

Islamic

- Sunday 8-10 a.m. Islamic Studies
- Friday 12:30-1:45 p.m. Jumrah Services (both — Main Post Chapel)

Church of Christ

- Sunday 11:30 a.m. Anderson Chapel

Catholic

- M-F 11:30 a.m. Mass (Post Chapel)
- Sunday 8 a.m. Mass (Solomon Center)
11 a.m. Mass (Main Post Chapel)
9:30 a.m. Mass (120th AG Battalion Chapel)
9:30 a.m. CCD (Education Center)
9:30 a.m. Adult Sunday School
12:30 a.m. Catholic Youth Ministry
- Wednesday 7 p.m. Rosary
7:30 p.m. RCIA/Adult Inquiry

Jewish

- Sunday 9:30-10:30 a.m. Memorial Chapel
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

- Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469
Bayonet Chapel — 9476 Kemper St., 751-4542
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032
Education Center — 4581 Scales Ave.
Magruder Chapel — 4360 Magruder Ave., 751-3883
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086
Memorial Chapel — 4470 Jackson Blvd., 751-7324



The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Lt. Col. Greg Vibber

Director, Emergency Services/Provost Marshal

Sgt. Maj. Patrick O’Connor

Provost Sergeant Major

Billy Forrester

Fire Chief

Cases of the Week

A Soldier was apprehended in connection with the **unauthorized use of a debit card**, which was left in an ATM machine by another customer. Video surveillance showed the Soldier using the card. The Soldier was processed and released to his unit. The total loss to the woman reporting the incident was \$231.61.

Firefighters responded to a report of a

structure fire. The source of the fire was an oil leak from the refrigerator system. The fire caused a Freon leak, which required a 13-yard clear radius.

A **fight** between two Soldiers was reported to authorities. According to MPs, the Soldiers got into an argument, which turned physical when one Soldier struck the other. A test indicated that one of the Soldiers was intoxicated, according to MPs.

Tip of the Week

Drivers need to be cautious of their speed in the housing areas, especially as the weather is getting warmer. Children are playing in the neighborhoods and drivers need to be aware of them.

The posted speed limit is 20 mph; anything above that speed is not tolerated. The Community Oriented Police “COPS” is enforcing the speed limit throughout the housing areas.

crimestoppers
1-888-559-TIPS
www.midlandscrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK MEDIA AWARENESS

Never discuss operational information

You can say “no” or refer media to the Public Affairs Office

Protect Soldiers by protecting information



Pharmaceutical abuse poses growing threat

Sandra Barnes

Army Substance Abuse Program

The nonmedical abuse of prescription drugs is a serious and growing public health problem in this country. Although most people take prescription medications responsibly, there has been an increase in the nonmedical use of prescription drugs.

Prescription drug abuse affects many Americans and some concerning trends can be seen among older adults, adolescents and women. The elderly are among those most vulnerable to prescription drug abuse or misuse because they need more medications than their younger counterparts.

Although many prescription drugs can be abused, there are several classifications of commonly-abused medications.

— Opioids, which are most often prescribed to treat pain. Examples include Oxycontin, Vicodin and Demerol.

— Central nervous system (CNS) depressants, which are used to treat anxiety and sleep disorders. Examples include Nembutal, Valium and Xanax.

— Stimulants, which are prescribed to treat the sleep disorder narcolepsy and attention-deficit hyperactivity disorder (ADHD). Examples include Ritalin, Adderall and Strattera.

The abuse of these prescriptions can alter the brain's activity and lead to addiction.

According to the 2003 National Survey on Drug Use and Health (NSDUH), an estimated 4.7 million Americans used prescription drugs for nonmedical purposes for the first time in 2002. The most commonly misused drugs were pain relievers (2.5 million users), followed by tranquilizers (1.2 million users), stimulants (761,000 users) and sedatives (225,000 users).

Experts stress that prescription drug abuse is not about bad drugs or even bad people. It involves a complex mix of factors, including the power of addiction, misperceptions about drug abuse and the difficulty both patients and doctors have discussing the topic.

A good rapport between patient and doctor can make it easier to discuss those issues.

Healthcare providers, primary care physicians and pharmacists, as well as patients themselves, all play a role in identifying and preventing prescription drug abuse.

Physicians are in the best position; they prescribe medications, and also detect prescription-drug abuse.

Prescription drugs can have great medical benefits when taken under the supervision of a physician, but are not safe to take without that supervision. Only a doctor can determine whether a specific drug is beneficial to a patient or may lead to a bad reaction.

A doctor or pharmacist also instructs an authorized user how to properly take the medicine, including things to avoid while taking the drug — such as drinking alcohol, smoking or taking other medications.

It is also possible to abuse or become addicted to over-the-counter medications. Over-the-counter medicines, such as certain cough suppressants (including dextromethorphan); sleep aids (such as doxylamine, an ingredient in Unisom); antihistamines (such as diphenhydramine, found in Benadryl); and dimenhydrinates (in Gravol or Dramamine) can be abused for their psychoactive effects.

OTC medicines can be abused when not taken as directed. High doses can cause problems with the senses (especially vision and hearing) and can lead to

confusion, stomach pain, numbness and hallucinations.

It is also important to note that OTC medications can produce dangerous health effects when taken with alcohol.

If medication is taken properly, it relieves a patient's symptoms without making him or her addicted. If a doctor prescribes a pain medication, stimulant, or CNS depressant, one should carefully follow the directions.

Other things should be considered when taking prescription drugs:

— It is important to keep all doctors' appointments. Frequent visits allow the doctor to monitor how well the medication is working and to adjust the dosage or change the medication as needed. Some medications must be stopped or changed after a while to prevent the patient from becoming addicted.

— A patient should make notes of the effects the drug has on his or her body and emotions, especially in the first few days as the body gets used to it. Any concerns should be discussed with a doctor.

ASAP Calendar of Events

Alcohol and Drug Abuse Prevention and Training Program is a two-day class for those interested in learning more about alcohol and drug abuse. It will be held from 7:30 a.m. to 4:30 p.m., March 17-18 at 3250 Sumter Ave.

It is also for those who the command feels could benefit from re-education.

Unit Prevention Leader training will be held from 7:30 a.m. to 4:30 p.m., Wednesday-Friday at 3250 Sumter Ave.

It is required training for newly assigned unit prevention leaders and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited, and the duty uniform

is required.

Please do not schedule appointments during class time.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage.

ASAP maintains a wide selection of pamphlets and videos that can be used to get a further understanding of the dynamics of substance abuse and use.

ASAP staff is available to give presentations on alcohol and drug abuse.

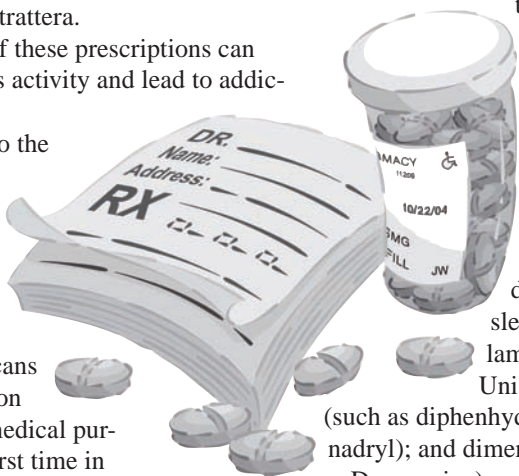
For questions about classes offered or about substance abuse, call 751-5007.

— It is important to keep any information provided by the pharmacist about any drugs and activities to avoid while taking the prescription. A patient needs to be aware of things to avoid while taking prescription drugs, so it might be necessary to read the information more than once or to ask a pharmacist for guidance.

— A patient should never increase or decrease the dose of his or her medication without a doctor's consent.

— It is against the law to share prescription drugs with others. It poses a risk not only to the person who takes the drug without proper prescription, but also to the one for whom the drugs were initially intended. Pharmacists will not refill a prescription if a medication has been used up before it should be.

Author's Note: The sources for this article was the National Institute on Drug Abuse. For more information on the National Institute on Drug Abuse, visit www.drugabuse.gov. If you have any questions about substance abuse, call 751-5007.



SPORTS

Army picks up 18-15 victory

Army Athletic Communications

WEST POINT, N.Y. — Army senior 125-pounder Fernando Martinez and senior heavyweight Nathan Thobaben each picked up victories to lead the Black Knights to a 18-15 victory over Lehigh in Eastern Intercollegiate Wrestling Association (EIWA) action, Sunday afternoon, in Christl Arena.

The victory was Army's first over Lehigh in 14 matches dating back to a 21-14 win during the 1990-91 season. After a 21-21 tie during the 1991-92 season, the Mountain Hawks swept 13-straight meetings entering today's match.

"Today was a hard-fought victory over a well-coached team," said Army coach Chuck Barbee. "We knew it was going to be a tough battle that came down to bonus points. A couple of our guys came through with big wins, while the guys that didn't win, wrestled smart and didn't give up anything big. That put us in a good position to hang on and get the victory."

Lehigh's Alex Caruso started things off with a 3-2 decision over Army's Ryan Mergen at 174 pounds, before four-straight Army victories staked the home team to a 14-3 lead. Senior Scott Ferguson improved to 20-4 this year with a 10-4 victory over Manuel Schubert at 184, before sophomore Richard Starks earned a 6-5 decision over Alex Iacocca at 197 to improve to 28-5 this season.

Thobaben controlled Justin Allen for an 8-1 decision, before Martinez picked up an 18-3 technical fall over Mitch Berger to give the Black Knights (12-5, 7-1 EIWA) a commanding lead. Thobaben's record this season stands at 29-12 this year, while Martinez is now 31-4.

Lehigh's Seth Ciasulli shutout Army junior Whitt Dunning, 5-0 at 133, but a 20-7 major decision by sophomore Matthew Kyler over Jeff Santo gave Army an 18-6 lead. Kyler's victory



Photo by Army Athletic Communications

Senior Fernando Martinez wrestles an opponent.

improved his season record to a team-best 35-5.

The Mountain Hawks (11-13, 6-1 EIWA), who were looking to avoid their first conference loss of the season, swept the final three bouts to make matters close. Lehigh could have tied the score in the final match with a pin, but Mike Galante could only muster a 13-8 decision over sophomore Christopher Grill to fall three points short.

Army finishes off its dual meet season on Friday (Feb. 22) with the annual Star Match at Navy, starting at 7 p.m. in Annapolis, Md. After that, the Black Knights will participate in the EIWA Championships on March 7-8, hosted by Franklin & Marshall.

Sports Briefs

Swim Meet

The swim meet set for today is canceled. For more information, call 751-3096.

Golf

Letters of intent and team members (and handicaps) for intramural and recreation golf are due to the Sports Office by 2 p.m., March 18. For more information, call 751-3096.

Volleyball

Letters of intent for intramural and recreation volleyball are due to the Sports Office by March 10. Season begins the third week of April. For more information, call 751-3096.

Frisbee

Letters of intent for ultimate frisbee are due to the Sports Office by March 26. Each team may have up to 12 members. There will be a military competition April 7-10 and a tournament April 12. For more information, call 751-3096.

Volunteer Coaches Sought

Volunteer coaches for youth sports are needed. Experience is desired, but not mandatory. For information on the "coaches discount" or to volunteer, call 751-5040.

Physical training test can be a gas — literally

COMMENTARY

Maj. Thomas Hundley

Moncrief Army Community Hospital

You wake up early in the morning to take your bi-annual Army Physical Fitness Test. As you look around at the sea of gray and black, your stomach begins to rumble and grumble.

You think, "I wonder if that spaghetti I had last night isn't agreeing with me." But in retrospect, all you are experiencing is a case of nervous energy. You fall in at formation and after the thunderous, "At ease," by your grader, you listen as he spouts off the standards for each event that will test the strength and endurance of the yada, yada, yada.

You get in line for the push-up event. After you knock out about 78 push-ups in the first minute, your nervousness subsides a bit, but your stomach is still uneasy.

Now it's time for you to perform the sit-up event.

You begin cranking out sit-ups like you are auditioning for a Rocky movie. As you try to pull yourself up for one more repetition, your stomach articulates its final words. This time it communicates to you and the free world in the form of a silent vapor that surely won't make your buddy smile. You hear the grader scream, "Gas!

Gas! Gas!"

You see that the Soldier holding your feet is about to faint as he says, "Man down! Man down!" The time keeper begins to twitch and the entire PT formation begins to move back 100 feet. Your sit-up event is over, and your nervous energy is gone. But, you are now forever known as a "weapon of mass destruction."

You see, I know that there are thousands of readers, retired and active, who can relate to this story. I personally know of six people, so don't act like this is brand new. I don't mind naming names like Captain _____. OK, maybe not this time.

But the truth of the matter is that we all sometimes get nervous before a major event. My intent is to arm you with the mightiest weapon you can use to defend yourself against that nervous energy. I am not talking about giving you Roloids or Tums. Instead, I want to arm you with the weapon called "preparedness." Here are four practical, yet effective tips to help you become better prepared for your upcoming Spring APFT:

Pop, Lock, and Drop It!

I know this sounds familiar, but I am going to give this phrase a whole new meaning. The pushup event is always the first event during the APFT. So practice



Maj. Thomas Hundley

the movements of that event several times per day at least four days per week. I want you to "pop" to the position of attention, "lock" your arms and elbows straight out in front of you and "drop" to the floor to assume the pushup position. Your job is to do at least 20 pushups at least three times throughout the day. This will build the muscular endurance needed to ace the pushup event.

Lean Wit It! Rock Wit It!

Let's face it; how often do you use your hip flexor muscles in a given day? You need to give those muscles a wake-up call because the PT test is coming. Your job is to practice, practice and practice. I want you to perform at least three sets of 25 twisting sit-ups everyday of the week. (Think Rocky Balboa style sit-ups when you execute). It helps to have foot support, like the bottom of a couch, a wall or human hands. Make sure that your technique is correct so that you will avoid unnecessary injuries or neck pain.

Run, Forrest, Run!

Forrest Gump was a man among boys when it came to running. The most important point to take from his example is that he was good at running because he ran every chance he got. There is something to be said about practice making one perfect. Your job is to run at least four days a

week. I recommend starting at 1 mile the first week, and increasing a half mile for the next four weeks. Then test your speed by timing yourself on a 2-mile course. After testing your speed, increase the distance to 3 miles or more. You need to build endurance and this will get you there.

Back Away From the Food Buffet!

The PT test is never over until the weigh-in is done. If you have visited a buffet-style restaurant more than five times this year, then it's time for you to back that "thang" up. Your eating habits need to change, or else you will find yourself in a closed-door room with two people placing a cold tape measure around your neck and waist.

I recommend trying to reduce your caloric intake by at least 300 calories per day. I also recommend that you begin eating leaner meats and foods with lower fat content. With the addition of the new physical fitness plan above, you could possibly drop at least 10-15 pounds by April Fool's Day.

You are now armed with a powerful and dangerous weapon. You can now view the PT test for what it really is: 20-25 minutes of exercise with a lot of long rest breaks. Good luck to you all. I hope you will start preparing today. But if you don't, please don't ask me to hold your feet during the sit-ups.

CLASSTIFF IDES

100 Announcements

DESIGNER PURSES, WALLETS AND UMBRELLAS FOR SALE
Also available for purse parties at which the host will receive a complimentary gift. "For the finer things in life at an affordable price". Call Mrs. Parker for details, (843) 321-1631.

The FRA (Fleet Reserve Association) Branch and Unit 202 meets monthly at the Naval Reserve Center, 2620 Lee Rd., Fort Jackson at 1:00 p.m. the 3rd Tuesday of each month. Ladies Auxiliary meets at same time. Ron or Fran, 303-482-4456.

VF/W Post 641, 534 S. Beltline Blvd., Columbia is sponsoring our Friendship/Karaoke Dinner February 23. Dinner at 7 p.m., Karaoke will be R&L group and starts at 8 p.m. All veterans, families and friends always welcome. 803-782-5943.

101 Child Care

*Little Bright Daycare (State licensed) has full-time/part-time openings Mon.-Fri. for 6 weeks-12 years of age. Accepts ABC vouchers. All meals provided. Flexible hours. Clemson Rd. area. Tamara Bright (21137), 803-365-5405.

108 Roommate Wanted

10 minutes to Fort, 5 miles to VA Hospital.. Month-to-month lease. Retired Male vet wants neat/quiet, non-smoker to share home off Leesburg Rd./Garners Ferry. Furnished room w/micro, fridge, W/D. \$350/month, \$300/security. Free utilities. 776-9549, v.name/number. "DISCOUNT ARRANGED for Commuter/Handyman"..

Furnished Room for rent in New Home. No drugs or smoker. \$475/month, \$300 security deposit. Kitchen, fenced yard, washer and dryer privileges available. Military friendly. Utilities and Direct TV are free. Close to I-77/I-20, 20 minutes from Ft. Jackson. 803-361-8623.

Furnished room for rent to male or female in a quiet neighborhood in Northeast Columbia near I-77. \$400 per month includes utilities and cable Television. Please call 303-261-2686.

ROOMMATE: Room in exchange for care of inside dogs/cat. 601 & Leesburg area. Leave message (803)243-1736.

200 Help Wanted

Chick-fil-A
Work part-time while your kids are in school. We offer a pleasant working environment, competitive pay and flexible hours. Part time or full time possible. Day or night. Applications accepted daily, 9-11, 3-6. Chick-fil-A, 5440 Forest Drive, Columbia.

200 Help Wanted

Experienced Barbers/Stylists needed immediately. Competitive salary. Crew Cuts, 4435 Hardscrabble Rd., across from Sonic. Call (803) 673-2661.

Moms, Dads, Grandparents: Awesome Opportunity to Work From Home! Incredible Support, No Selling. Free Website and Training! www.stayinhomeandlovinit.com/m/msjoy

OVERSEAS CONTRACTS
Earn up to \$212,000 yr.
www.middleEastpay.com

REPORTER
Camden Media Company
has an
immediate opening for a
part-time Reporter
(20-25 hours per week)
for on-post work at its
army newspaper,
The Fort Jackson Leader.
Good pay and working
conditions.
Fax resume to: Mike
Mischner
@ (803)432-7609
or email: mmischner@ci-
camden.com

Retiree (or Retiring Soon) for Maintenance of Rental House. General knowledge of carpentry, plumbing, electrical, etc. Full or part time. Call 783-3490.

Wanted: Experienced Dental Assistant for dynamic Northeast Columbia office located near Fort Jackson. Pay and benefits are excellent. Immediate Opening. Many phases of dentistry are practiced in this office and we have an excellent crew. We just need one more! Please fax resume to 803-738-0300 or call Tammy at 803-787-9793.

Wanted: Experienced Dental Receptionist for dynamic Northeast Columbia office located near Fort Jackson. Pay and benefits are excellent. Immediate Opening. Many phases of dentistry are practiced in this office and we have an excellent crew. Please fax resume to 803-738-0300 or call Tammy at 803-787-9793.

300 Services

Need a RESUME? An experienced professional will write one for you! For details visit our website: www.vpcareerservices.com

500 Pets

4 female Yorkies, born New Years Day: First shots, deworming, tails docked. \$50 deposit will secure puppy of your choice. Already eating Mushy Puppy Food. Can be released Feb. 12th-26th, just in time for Valentines Day. \$525 Firm. Call 462-1002

AKC Rottweiler pups, males and females, 6 weeks old, wormed and first shots, \$250 Firm. Please call (803) 308-3352.

Siberian Huskies, CKC Reg. Blue eyes. Will be ready to go March 10. Asking \$400. Call Brigitte, 865-2698.

500 Pets

Free 4 month old Puppy to Good Home Only. Pitt/Mastiff mix. All shots up to date and very playful. Please call Susan @ 803-787-9817 to schedule an interview to ensure she gets to a Good Home.

My husband has passed away and I must sell 3 of my American Quarter Horses. My asking price is \$800 each. Please call 803-422-0753 for additional information.

Part Bloodhound, part Pit Bull: Very friendly dog. Good with kids. Just needs more space to run around. Call 803-787-4764.

600 Appliances

FREE Washer and Dryer! Washer works, dryer does not. Must take both! Located in NE Columbia. Call James at (706) 829-3041.

Kenmore 19.2 cu.ft. Upright Freezer, Power miser. Rated as "Kenmore Premium Quality". Almond color, 4 shelves, 4 door shelves and storage basket. Excellent condition, ready to pick up, \$220. Call Norm, 776-3689, Columbia.

Kenmore Washer and Dryer, very good condition, \$300 for both. Call 803-740-6295.

601 Electronics

52 inch HDTV (\$1800 value) selling for \$900 OBO. Hitachi rear projection HDTV, less than one year old. Too big for apartment. Need to sell ASAP. Any questions contact SSG Salas @ 803-917-5181.

Big screen TV stand with two glass shelves, gray/silver in color and can be used in a corner or along a wall. Bought from Sears one year ago. Lists for \$300. Asking \$100 cash. Call 803-917-0797.

Gateway Computer, great condition, includes monitor, keyboard, tower, mouse and webcam. Great deal, \$200. Call Kim, 803-546-4109.

Infinity Tower Speakers, \$50. Infinity Surround Sound: Woofer and 2 speakers, \$50. Direcway 6000 Satellite Internet: Modem & Dish, \$300. All items in excellent working condition. Please call Brent or Yvette at 776-2248.

IPOD Nano, like new, 1 yr. old, only \$80. Panasonic Camcorder, like new, Great Deal, \$110. Call Kim, 803-546-4109.

Microsoft Wireless Laser Desktop 4000, new, still in box. Includes Comfort Curve keyboard, high definition laser mouse as well as documentation, software and batteries, \$50. Call 776-3689 in Columbia.

602 Furniture

7 piece Louis Phillippe Bedroom Set, \$865. Living and Dining Room Furniture, 50%-70% off retail. Financing Available. Can Deliver. Call 803-319-8043.

602 Furniture

Brand New Mattress Sets: Still in plastic, Queen set starting at \$180. King set, \$325. Full and twin sizes also available. Can Deliver. 803-319-8043.

Cherry wood and glass Dining Room Set: Table, 6 chairs, hutch and buffet (china cabinet), Matching coffee table w/2 end tables, \$650. Will sell separately. Wood and metal round Dining Room Table with 4 chairs, \$50. Can email pictures. 803-790-9290.

Dining room table with 5 chairs, \$125 OBO. Pool table, accessories included, \$325 OBO. Can email pictures. Contact 254-449-0882.

Entertainment Center, \$25. Computer Desk, \$15. Sleeper Sofa, \$25. End tables, \$20. Crib bed, \$25. Toddler bed, \$15. Chest of drawers, \$20. Encyclopedias, \$20. (864) 497-3558.

Loveseat, microfiber, tan color, \$100. Glass Table with 4 chairs, antique iron, \$120. Grandfather Clock from Germany (white wood), \$800 OBO. For more info call 803-865-7259 or 803-354-8339.

New Ashley Black Dining Room Table with leaf and 6 padded matching chairs, \$600. Must See! Must Sell! Call 803-477-1002.

Queen Sleeper Sofa, new \$1200, selling for \$100. Good condition. Antique Singer Sewing Machine with original cabinet, \$50. 803-786-1004.

Sofa and Chaise, microfiber, red, \$350, only a year old. Also, Ladies Clothing, size 8-10. For more info call 803-736-0378 or 803-530-3593.

Sofa, loveseat and chair by Bassett, plush gold tweed fabric, like new, only 3 years old, \$900 OBO. Call 803-356-5962 or 803-800-2864.

Solid Oak 3 piece Sectional Wall Unit. Center unit with glass doors and lighted. Originally paid \$1600. Will sell for \$500 OBO. Call 803-603-3129.

Stanley Solid Wood Dining Room set with 6 chairs. Beautiful Breakfront to match. Custom made table pads, \$650 OBO. Phone 803-419-0401.

Toddler Car Bed with mattress, \$50 OBO. Please call 803-479-4439.

White Formica Kitchen Table, very sturdy, \$25. VHS cabinet, wooden with doors, \$20. Wooden vanity stool with compartment in seat, \$35. Twin bed with mattress, wooden frame, \$100. All OBO. Call 803-233-1428, evenings best. Please leave message.

White girl's daybed w/under bed trundle, no mattresses, \$10. 2 cloth desk chairs (1 black/1 tan) with compartments and can be washed, \$5/ea. 2 black/silver shelves, \$4 for both. Call 462-1002

Wicker Dining Set with glass top and 6 chairs, custom made in Philippines. Asking \$500 OBO. Please call 787-0046.

603 Miscellaneous for Sale

2 ea. Comfort Glow Natural Gas Heaters, seldom used, manual included, \$50 each. Avalon XLS 03, fully loaded, navigation system, one owner, \$15,000. Roll top desk, \$90. Contact 803-750-7518, 609-2188 or 609-2302.

20,000+ sports cards for sale. Football, Baseball, Basketball and Hockey. Graded cards, Rookies and commons. \$500. Call Rod, 803-783-8806.

2007 110cc Four Wheeler. Bright Pink. My daughter has lost interest. Ridden very little. Has electric start. Very nice ATV. \$800. Serious inquiries only. Call 864-363-4760.

55 gal. Fish Tank w/black wooden cabinet/stand, filtration system, all decorations including rocks. Son is moving-can't carry. Very beautiful when set up. No fish included. Paid \$600+, asking \$200. Must schedule for pickup or will deliver for \$100 extra. 803-237-4041.

Adidas & Nike Soccer Cleats, excellent condition, size kids 10M, 11 & 12 1/2, \$10 each. Call 803-439-1349.

COINS BRILLIANT: U.S. SILVER EAGLES, new, one ounce Dollars, Complete set from 1986 through 2008. \$435. 2008 Dollar, \$23 each. Call Columbia, 803-776-4732.

For Sale: 4 chrome wheels with tires w/lugs ready to install. Tires 305/40/23. 8 months old. No scratches. Wheels are universal. They came off a Chevy Avalanche. Great gift to spark your truck to new level. \$2000 OBO. Marco, 803-873-6076

Formal Dresses: Black/silver sequined, size 8, \$140. Black mermaid style, size 8, w/diamond cut holes, \$40. Fuchsia, size 5, w/train, \$40. Marilyn Monroe style, size 9-10, \$30. Blue/silver sequin design, size med., \$30. Purple sequined, size 10, \$40. 803-237-4041

Graco Infant to Youth Highchair, 2 trays, 3 heights, 6 reclines, great condition, \$40. Evenflo Infant Entertainer/Saucer, \$15. Call 803-439-1349.

GW Warhammer: HUGE LOT for sale (600+ pieces). O&G, Chaos, Spacewolves & IG (GW carrying case INCLUDED!!), \$500 OBO. Please email to Warhammerstyle@yahoo.com for complete list of miniatures or call (803)528-8095.

Large Air Hockey Table, \$20. Child's car seat (for older child that still needs a boost), \$5. Call 462-1002.

Muzino Hybrid Irons, 21 degree steel shaft stiff flex and 25 degree graphite shaft stiff flex, excellent condition, like new, only used on range. Owner switched to Hybrid Woods, \$100 for both or \$60 each. Call 803-237-4041.

RIMS for sale for a 2007 Dodge Ram, Deep Dish Chrome, 20 inch, brand new, still in box. Contact Carl, 803-546-6700 anytime.

603 Miscellaneous for Sale

Nike Ignite Driver 410/8.5 degree, great condition, 1 yr. old w/new Winn Grip, original graphite shaft, \$60. Nike Ignite Woods: 7 and 9 w/New Winn Grips, great condition, like new, rarely used, \$100 for both or \$60 each. 803-237-4041

Queen Size Serta Perfect Sleeper Mattress with Box Spring, good condition, \$125 OBO. Full Size Mattress with Box Spring, good condition, \$90 OBO. Please call 803-479-4439.

Sears 12 gauge pump shotgun, \$100. 40 cal. Glock model 27 pistol, new, \$200. Daisy air pistol, new, \$25. Kohler 8 hp Tiller, new, \$2000, selling for \$300. 803-786-1004.

Twin boy's Clothing, 0-3 thru 2T-3T. Several winter and summer shirts, pants, shorts, outfits. Will sell for twins or individually. Prices \$1.00-\$4.00). Women's size 7-8 and 9-10 dress pants, \$4.00 each. Women's shirts, size med., \$2.00 ea. Call 254-449-0882.

701 Duplex for Rent

3 Bedroom, 3 Bath spacious 1750 sq ft condo situated one row off arcadia lake. Safe pool, tennis \$975.00. Cable included. Military Discount. Call 803-787-9508

One side of duplex for rent. 910 sq.ft., 2BR, 2BA, washer/dryer hookups and wood burning fireplace. Close to Fort and Columbia Mall off Decker Blvd. \$575/mo. plus \$575 deposit. Ap. fee and credit check fee apply. William, 788-2644, M-F, 9:30-6:00.

702 Houses for Rent

1014 Henry Curtis St., close to Fort Jackson and VA. 4BR, 2BA house with fenced back yard, FP, FR, W/D, carport. Available 2/15/08. Rent \$950 plus security deposit. Call 803-477-8752 or 803-865-6075, leave message.

1800 sq.ft. with 4 Bedrooms, 2.5 Baths, 2 car garage, community pool, new paint and tile. \$1100 a month plus security deposit. Off Exit 9. Call Robert @ 864-506-5277.

3 Bedrooms, 2 1/2 Baths, fenced back yard, all appliances. NE Columbia, close to Sandhills, 15 minutes from Fort Jackson. Rental appl. required. \$825/month. Call 803-360-1558.

3/4 Bedroom, 2 Bath, 2700 sq.ft, 2-car Garage, near Ft. Jackson back gate. Available 9 Feb. \$1025 per month. Call CMM Realty, 803-779-1844.

3BR, 2.5BA, 1 Car Garage. 2 Story home, 2 yrs. old. Minutes from FJ Gate. Appliances supplied. \$950 rent + security deposit. Ready to move in Now! Please call 803-467-2244.

Northeast: Home on the Lake. 4BR, 3BA, Deck, double garage, New appliances. 15 min. from Base. \$1600. Call 803-360-7839 or 419-7082.

702 Houses for Rent

414 Fox Trot Dr. 4BR, 2.5BA House in Northeast. Fenced backyard, sprinkler system. Large Master Suite with his and hers walk-in closets. \$1195 with year lease and \$1195 deposit. Call 800-650-7415 #9000.

4BR/3BA on 1 acre in Lexington/Red Bank, approx. 30 min. to Base. Master bath w/garden tub, walk-in closet. LR w/Fireplace. 1 car garage. White kitchen w/bay window. \$1200/month + deposit. Pets negotiable. Tom or Chris, 321-745-2306. Avail 5/1 or earlier.

Beautiful 2 year old 4BR, 2 1/2BA Home 15 min. from Fort: Formal Dining/Living Room, eat-in kitchen, 2 car garage w/opener. Loft upstairs, talking Alarm. Some pets w/deposit. Lease \$1300 w/partial deposit waived for military. Available 31 Mar. Selma, 803-237-9384.

Beautiful Home in Gated Community: 3 Bedrooms, 2 Baths, 2 car garage, fenced yard. Very convenient to Ft. Jackson. Credit Check Required. See it at www.ahrn.com keyword "adv2" or Call 803-528-9363.

Brand New Rehab on Trenholm Rd: 3BR/3BA Luxurious, completely rehabbed. Granite counter tops, stainless steel appliances, hardwood floor, new deck looking over big backyard. Perfect location just steps from Beltline. \$1250/mo. Prefer better credit renters. Call 803-791-0455.

GORGEOUS VIEW: 3BR, 3BA House, 2000+ sq.ft. On The Lake. Quiet, gated community. Cable, lots of closets, deck, screened porch, clubhouse w/pool, tennis, lakes, fishing. No Yard Work. Near Ft. Jackson Gate 5, I-77, VA and Med. School. 1200/month plus security deposit. Minimum 1 year lease. Call 803-782-4228 or 803-206-3992

House for rent or own, close to Gate 5 off Leesburg Rd., 120 Crestmore Dr. 3BR, 2BA, W/D hookups, fenced yard with deck, garage, some wood floors, fireplace, fridge, dishwasher and stove. Pets allowed. 1500 sq.ft. \$850/month. Call 317-781-0563.

House for Rent, Near Fort Jackson, 7608 Sunview Dr., Columbia. AC Flora and Crayton School zone. 3BR, 2BA, 2000 sq.ft. Brick Home. Large fenced yard. \$1000 per month or \$950 with allotment. Security Deposit required. Call 843-321-0851 or email candip@tiasc.biz

House for Rent/Own. Just about 5 minutes outside Leesburg Gate. 3 Bedrooms, 2 Full Baths. Fenced in back yard. Screened porch, fireplace. Estimated 1600 sq.ft. Pets allowed at owner's discretion. Please call cell, 210-473-2867.

Must See! New Garden Homes in NE, close to FJ. 3BR, 2BA, one story, designer plans, screened porch. Behind Spring Valley CC at Flora Dr. and Winterberry Ln. \$900 per month. Military Discount on Deposit. Call Jerry, 803-600-7783.

702 Houses for Rent

NEW HOME FOR RENT, SE COLUMBIA, HONEY TREE: 4 Bedrooms, 2.5 Baths, Double Car Garage, \$1050 per month. Minutes from Ft. Jackson Gate 5 and Downtown. Call Jody Styron at (803) 360-1558. Realty & Marketing Services.

Northeast Area, 10 minutes from Post: 3 Bedrooms, 2 Baths off Alpine Rd. \$1000 per month. Call 360-7839.

Northeast: 4 Bedrooms, 2.5 Baths, 2 car garage, fenced yard, awesome deck. Great location with excellent schools. Pets allowed with deposit. Credit Check Required. See it at www.ahrn.com keyword "adv1" or Call 803-528-3863.

Quiet/safe country living, NE Columbia/Elgin area. 3BR/2BA home, newer subdivision w/fresh paint, carpet, wood floors. 20 minutes to Fort Jackson, 5 minutes to Village at Sandhills. No Pets. Non-smokers. All appliances. \$950/month, \$950/deposit. 1 yr. lease. Available 2/15/08. Ryan, 912-572-8623/803-438-8281.

The Summit: 3BR/2BA Brick, cul-de-sac. 4 years old, large sodded and fenced yard. Hardwood floors, bonus room, eat-in kitchen, formal dining, 2 car garage. Richland 2 Schools. 13 miles to Fort. 1 year lease. Pets w/deposit. \$1300/month. Available 4/15. 803-206-4881

703 Apartments for Rent

5516 Lakeshore Drive: 2 Bedroom Condominium available February, 2008. \$775. Security Deposit Same. 2 Bathroom, Kitchen, Living Room, Balcony. Water and sewer included. 5 minutes from Fort Jackson. Private Community. No smokers, pets or "waterbeds". Contact 803-331-2605 or ginagate@gmail.com

Condo For Rent, Sale or rent to own: 2 Bedrooms, 2 Baths, 1200 sq.ft. Comes with all needed appliances including washer and dryer. New carpet, freshly painted. 5 minutes from Ft. Jackson. Sale price \$51,900 or rent \$600. Contact 407-748-4479.

For Rent Week of July 5-12, 2008: 1BR Condo, sleeps 6. Located at 7509 N. Ocean Blvd., Myrtle Beach, SC. Ocean view w/pool and Jacuzzi on site. Within 15 minutes of all area attractions. \$1000. Call 803-425-9001. All calls returned.

Forest Drive @ I-77. Quick walk to Ft. Jackson or drive to 5 Points/Downtown. Large, quiet, clean 1BR Apartment. Water, sewer, Wireless Internet, CH/AC, \$500. Pets? rentalsone@aol.com 803-799-7368. Virtual Tour: <http://midlandshomeshow.com> YES, WE CAN DO FURNISHED AND SHORT TERM RENTALS.

Lovely 1500 square foot Condo, three bedrooms, two baths, located on a Lower Richland horse farm. Convenient to Fort Jackson. Available February 15th. Rent is only \$700 per month. For more information call 776-2074.

703 Apartments for Rent

Immediate Occupancy: 3BR, 2.5BA Condo. 1600sq.ft. Private outside sitting area. Excellent closet space, private storage shed. Stacked washer/dryer, AC, Refrigerator-stove-disposal-dishwasher all great condition. 1.5 miles from Ft. Jackson. \$750/month. Special rate for NCO's. Please, No Pets. Jack Van Loan, 803-429-2178.

800 Land for Sale

1 acre lot for sale. Mobile Home Ready, Cassatt, SC. Call Terry, 803-572-1314.

802 Resort for Sale

FSBO: 2BR Timeshare on the beach at Myrtle Beach, week #15 (mid April). Sleeps 6, close to shows, shopping, golf. Numerous amenities. Membership in RCI (allows world-wide trading ability). Priced for quick sale, \$6500. For more info call 803-481-8032, lv.msg.

803 Business for Sale

For Sale: Well established Stump Grinding Business. Serving Columbia and surrounding areas for eight years. Includes everything needed to get started right away. Call Freddie Rast @ (803) 730-8948.

805 House for Sale

1 year old 2990 sq.ft Home in Longtown Place Subdivision: 4BR, 2.5BA, extra large FROG. Stainless steel kitchen. Largest lot in Subdivision. 2 car garage, alarm system. Only 252k. Email for pics Robabrown.bz@gmail.com or call 803-290-4784. Serious inquiries only, please.

3712 Baywater Dr., \$81,900. Nice 3BR, 1.5BA Brick Home w/carport. Hardwoods throughout. W/D connections. Special financing available. 0 down and less than \$600 a month. Perfect credit not required. Payment includes taxes and insurance. Call 803-361-2185 or 803-960-9504.

4 Bedroom, 2 Bath, 2000 SF, single story SE Home. 5 minutes to Post! 4 years old. VERY open floor plan. Fenced backyard, 2 car garage, Berber carpet, tiled baths, surround sound, quiet cul-de-sac. Lake view. Community Pool. \$159,900. 803-727-2218.

4BR, 2 1/2BA 2 story Home located in award winning School District 2 and newly constructed Sandhills Village. Built in 2005. Appliances included. Owner will pay \$2000 toward closing costs. Selling for \$154,500. Must Sell. Call 803-800-7187, Latrice. lovetrice77@aol.com

4BR, 2.5BA + FROG. 2100sq.ft, 2 story, SE Columbia, 5 min. from Post. Better than new, 2 yrs. old Huge fenced backyard, Great Landscaping! 2 car garage, cul-de-sac. Great Room w/Fireplace. Walk-in closet, garden tub/separate shower. \$174,900. 803-414-5811 or 803-743-3470.

805 House for Sale

All Brick Custom Home: \$289,900. 3BR, 2.5BA w/FROG. Situated on large half acre private wooded lot which backs up to Wetlands. Heavy molding, high ceilings. Great quality with attention to detail. Screened porch opens to deck with Jacuzzi. A Must See! 1 year Home Warranty Offered. \$2200/month. Call 803-960-1765.

ARCADIA LAKES: 4BR, 3BA, Office/Nursery, both formals, family room w/Fireplace, kitchen w/island, hardwoods, detached 2 car garage, large deck, fenced yard, Richland 2 Schools. View on midlandshomeshow.com/bm6 Call Beth at 803-463-7734 for more information. Russell and Jeffcoat Realtors

Awesome 3BR, 2.5BA with FROG, all Brick Home in Ashley Place Subdivision, NE Columbia. 2480 sq.ft. Large MBR. Fenced, landscaped yard. Fireplace, new carpet, 3 walk-in closets. \$219,900. For more information see Propertyshow.com, Bev05 or call 803-754-8295.

Charming 3 Bedroom, 2 Bath house on 2.7 acres, close to Garners Ferry and Fort Jackson and has been completely remodeled. 1386 sq.ft. \$114,000. 6209 Lower Richland Blvd. Felicia, 803-513-4220.

Condo close to everything: 1390 Sq.Ft. in Lake Point Subdivision. Close to Sandhills Mall and I-77. Priced to sell @ \$110,000. Call Martha @ 803-447-2417, Russell & Jeffcoat Realtors.

FSBO, Near Fort Jackson, 7608 Sunview Dr., Columbia. AC Flora and Crayton School zone. 3BR, 2BA, 2000 sq.ft. Brick Home. Large fenced yard. Home has been updated. Priced to sell fast! \$125,000. Lease to Own Option. Call 843-321-0851 or email candip@tiasc.biz

FSBO: \$155,000. 1700+ sq. ft., 3 Bedrooms, 2 1/2 Baths, Sunroom, Game Room/workshop. Private fenced in back yard. Call 803-699-1382 or view at www.militarybyowner.com

FSBO: 1 Fountain Lake Place: 3BR, 2.5BA, 2 story house, 1870sq.ft., on large corner cul-de-sac lot. Nice neighborhood w/easy access to shopping, Hwy. 378, I-77, I-26. Richland One Schools. 10 min. from Fort Jackson. Mid 140's. Call to view, 803-776-4380.

FSBO: Forest Lake/Forest Acres, Ranch style Brick Home, 2366sq.ft., 3BR/2BA, Formal LR & DR, Den w/fireplace, Office area w/adjacent sunroom. Hardwoods throughout, tiled bathrooms. Newly renovated windows, kitchen w/granite. Private fenced backyard. .66 acre. Close to Fort/Downtown. \$154,900. Chuck/Ruth, 803-787-5679.

House 4 sale, Summit, 2025 sq.ft., 4BR, 2.5BA, eat-in kitchen, LR, DR, Family Rm., 2 car garage. Sprinkler system, fenced yard. District 2. \$146,500. To view call Ms. Cunningham, 351-3113.

805 House for Sale

Lake Carolina Community (Berkeley Sub.), less than 2 yrs. old in cul-de-sac. 4BR/3BA, 2864 sq.ft. Excellent schools, new YMCA 1 mile away. 10 min. from Sandhills. Beautiful, open kit/family rm., sunroom, fireplace, fenced/sodded backyard. Auto. sprinklers. \$242K (FSBO). Johnny, 803-518-4210.

Near Richland Mall: new home on old lot. 2BR, 1BA, LR, eat-in kitchen, laundry room. New plumbing, heat/air, electrical system. New walls, ceilings, floors, carpet, ceramic tile floor (kitchen/laundry). New bath, kitchen, vinyl siding. Vacant, ready to sell. 782-7079, 413-2331.

NEW HOME FOR SALE, SE COLUMBIA, HONEY TREE: 4 Bedrooms, 2.5 Baths, Double Car Garage, from \$99,999. Minutes from Fort Jackson Gate 5 and Downtown. Call Jody Styron at (803) 360-1558. Realty & Marketing Services.

Perfect Northeast Location, \$133,500. 3BR/2BA w/FROG on excellent lot. Huge fenced backyard, open floor plan, vaulted ceiling in FML room and MBR. Minutes to Sandhills Shopping Center, movies, library, fitness center and YMCA. Home Warranty. Call Hazel Brooks, 479-4235.

REFLECTIONS in Southeast Columbia: Premier Brick Garden Home in Gated Community. 3 Bedrooms, 2 Baths. Eat-in tiled kitchen. Lots of closets and storage space. Brick walled backyard with patio and porches. Double garage. A "Must See" at \$165,500. Call 803-783-6440.

Town Home close to Fort Jackson: 1520 Sq.Ft., updated kitchen, new hardwood and tile flooring thru-out. Move-in ready! Exterior maintained, pool, tennis courts, lake are all taken care of for you in the HOA. A must see @ \$84,900. Call Martha @ 803-447-2417, Russell & Jeffcoat Realtors.

VA Hosp./Leesburg Rd. 4BR, 2BA, Cathedral ceilings. Attached rented apartment for \$400. Get cash back monthly to help pay \$87,000 mortgage. No Money Down, Free Closing. Free Furniture/Appliances. Will only show with pre-approved mortgage loan amount or cash sale. 803-695-5376.

Your Impeccable Dream Home in NE Cola: 4471 Sq.Ft., 5BR, 3.5BA & in-law suite. Located on **4.3 Acres**, in-ground pool, 3500 Sq.Ft. Workshop. Convenient to shopping & I-77. Call Martha @ 803-447-2417, Russell & Jeffcoat Realtors.

806 Condos for Sale

Condo For Rent, Sale or rent to own: 2 Bedrooms, 2 Baths, 1200 sq.ft. Comes with all needed appliances including washer and dryer. New carpet, freshly painted. 5 minutes from Ft. Jackson. Sale price \$51,900 or rent \$600. Contact 407-748-4479.

806 Condos for Sale

Hampton Hills Condo, \$37,000. Clean 2/1 Condo. Hardwoods throughout. Large LR/DR combination. New stove, dishwasher, HVAC unit and hot water heater. Unit is vacant, so it can be purchased by owner occupant or used as an investment. Could be rented for \$575 per month as an investment. Call Sandy, 803-960-2529.

807 Mobile Homes for Sale

2 Bedroom, 2 Bath Trailer located in Lexington, SC. New flooring and kitchen buffet. Only \$4500. For more info call Shirley at 803-397-6834.

2001 Fleetwood Doublewide Mobile Home on 1.2 acre. 4BR, 2BA, LR, Den. MBR with walk-in closet, double vanity, garden tub, separate shower. Front porch, back deck. Fenced backyard w/barn. 1920 sq.ft. Appraised at \$89,000. Motivated sellers-make offer. Ryan Barnes, 803-739-2268.

900 Autos for Sale

'03 Mercury Sable, excellent condition, new tires, 40K. Blue Book price \$8300, asking \$7000. Call 803-736-2648.

1984 Mustang GT, 5.0 H.O. engine, 4 speed trans w/OD. All org. faded paint, good body & int. Usual dents & pings. Driven daily, good car, no junk. \$2000. Call 803-425-9001. All calls returned.

1987 Olds Cutlass, 2 dr. W 350 Rocket Motor, Straight body & int. \$1600 OBO. 1973 GMC Spirit (El-Camino), good body, fair int., 350 auto. Needs trans. rebuilt & paint. \$1300 OBO. Call 803-425-9001. All calls returned.

1993 Lincoln Towncar Cartier. Almost flawless condition, all options! Great paint and body. Silver w/gray leather. No rips in leather! Garage Kept. Only 2 owners. 105K miles w/new tires, brakes, battery and fluids. In Columbia. \$3500 Call 931-349-1941.

1994 Buick Century 4 door sedan, excellent condition, 92,000 miles, 3.1 ltr. V6. Good gas mileage. All power, tilt steering, cruise control. Very clean inside and out. \$2500. (803)787-2496, Columbia.

1994 Lexus LS400, white, 129,900 highway miles, very clean interior. No accidents. Looks, runs and drives Great. Satellite radio. Always garaged, fully loaded. Ice cold AC. Asking \$6400 OBO. Contact (816) 401-4114.

1996 Chevy Blazer SUV 4D, V6 4.3 High Output Automatic, 4WD, AC, off road suspension, PW, PDL, CC, PS, single CD player, leather, roof rack, towing package. Very clean. Asking \$2899. Call 803-603-3129.

1996 Jeep Grand Cherokee Laredo. New Transmission. Borla Stainless Steel Exhaust. K&N Cold Air Intake. Trailer Hitch. New Tires, full spare. Needs rear brakes and front sway bar link. Great to fix up or use for parts. \$2500. Jason, 315-402-9530.

1998 Chevy Conversion Van with Handicap Lift Loaded. \$7000 OBO. Call 776-4715.

900 Autos for Sale

2000 XJ8 British Green Jaguar, 61,000 miles, fully loaded, great condition, \$16,900 OBO. Contact Candy, 419-3677.

2002 Chevy Venture Extended LS Van, 4 door, keyless entry, loaded, airbags, power driver's seat, power sliding door, premium sound CD player. Great family van. Lady driven. A must see. Clean. Only 70k mi. Asking \$6700 OBO. Call 803-312-4378.

2002 Mercury Grand Marquis, 38K miles, excellent condition, for sale by original owner. Light blue exterior/interior. PS, PW, PL, auto., AC, AM/FM/cassette. Driven by non-smoker, garage kept since bought. \$11,900. Call Norm, 776-3689, Columbia.

2004 Chevy Tahoe 4x4, 5.3 L engine, 76,000 Hwy. miles. Flex fuel, 3rd row seat, sunroof, Bose sound system, towing package, new tires. Looks and drives like new. Must Sell. \$19,500 OBO. 803-309-4179.

2007 Toyota FJ Cruiser, 13,000 miles, 16/20 mpg, 4.0L, 4wd, V6, 5 speed auto, AC, CD Player, rear window defogger, 2 full doors and 2 access doors, rear hatch window and much, much more. \$28,000. Call 803-466-1520 for more details.

2007 Toyota Salara SE Convertible, taupe with tan convertible top, 5K. Professional one owner. Garage kept. Power everything, automatic, Bluetooth. Remainder of factory warranty. Non-smoker. Asking \$24,995. Call 781-3842 (H) or 467-6786. Serious inquiries only.

90 NISSAN 300ZX, 5 speed coupe. T-Tops, black with black/gray interior, AC, custom exhaust. 184,000 miles. Great car. Asking \$6500 OBO. Call 803-730-6114

'95 automatic Chevy Camaro Z28 Convertible! Vinyl tan top. Fresh new metallic hunter green paint. Racing tires. Custom sound system, just needs amp. Only 96K. Well taken care of and in great condition! \$6500. Call Steve, (816) 738-3828.

98 Saturn SL for sale: White, very good condition, 102,300 miles. \$1250 OBO. Please call (803) 528-8095 for details.

For Sale: Good condition 1994 Mustang GT 5.0 automatic, Yellow, Flow Master H-pipe, 373 gears and Sony single disc player. Interior in great condition. 140K. Runs Great. \$5000 OBO. Call 803-351-2702 for more information.

Ford Explorer, 91, good condition, low mileage, \$1650. Ford Escort, 97, red, 4 cylinder, 5 speed, 150,000 miles, great condition, \$2550. 99 Dodge Neon, green, 140,000 miles, automatic, good condition, \$2550. Call 360-7839 or 414-1361.

Honda Civic, 1993, standard, very clean, good condition, \$3250. Call 360-7839 or 414-1361.

900 Autos for Sale

Must Sell: 2008 Toyota Corolla CE: 5 speed, AC, cruise, custom radio, electric mirrors. 38+ mpg. 7,000 miles. All South Credit Union wholesale value is \$14,696. Take it for \$14,100. Call Gary McGee, 803-917-4256.

Special Edition Chrysler 300M, 2004, black, automatic, fully loaded, Navigation System, sunroof, leather, 120,000 miles, like new. Must See. \$10,500. BMW 325, automatic, 93, leather seats, sunroof, rims, \$3200. Call 360-7839 or 414-1361.

901 Trucks for Sale

1982 Chevy S-10 Durango, great body & int. No title. Has knocking 2.8L motor. Good 5 speed transmission. Would make great drag truck. \$400 OBO. Call 803-309-4179. All calls returned.

1989 Chevy S-10 4x4, 4.3L eng., auto trans, orig. alu. rims, good tires. Everything works. Runs great, but needs alternator. Good body & int. Usual dents & pings. Driven daily until alt. went out. \$2000. Call 803-425-9001. All calls returned.

1990 Nissan Pickup Truck, 130,510 miles, 5 speed manual transmission, new paint, tires and chrome rims. Great shape, \$2700 OBO. Call 803-269-8788

1998 Chevy S-10 Longbed, good condition, 129,000 miles. \$3000 OBO. Call Jeff @ 803-865-5199.

2006 Ford F150 2WD, 20 mpg., keyless entry, 13K miles, Access Cab, long bed. AM/FM/CD Player, tilt wheel, bedliner, towing hitch. Like new inside and out. Factory Warranty. \$13,350. 606-309-3290.

94 Dodge Ram 1500, good condition, \$2550. Call 360-7839 or 414-1361.

902 Boats/Equipment

Boat for Sale: 1999 Triton TR-17 Bass Boat, 115 hp Mercury O/B, matching trailer. 2 Live wells, trolling motor, fish finder, dual console. Excellent boat in very good condition. Already serviced in 2008 and water ready. \$5500. Call 803-351-1428.

903 Motorcycles/Mopeds

1997 Honda Pacific Coast 800cc Limited Edition, (Collector Series), fire red, great condition, garage kept/covered, new tires. Good starter bike/or great for commuting to/from work. Comes w/2 red full face helmets matching bike. Less than 8000 miles. \$4000 Firm. 803-237-4041.

2001 Blue Yamaha V-Star 65 Classic Motorcycle with windshield, only 6,000 miles. This bike is like new. \$3500. Call 803-492-3327 or 803-971-9495.

2007 Kawasaki 500cc, silver/red, \$4500. Garage stored and covered. 803-466-1520.

903 Motorcycles/Mopeds

2001 Honda VTX 1800cc Goldwing, sunburst red, ex. cond., like new. Garage kept/covered. Fully loaded. 6 disc CD changer, CB capability, AM/FM stereo. 2 black helmets w/internal communication speakers. New tires and battery, less than 8000 miles. \$9500 Firm. 803-237-4041.

2002 Harley-Davidson XL 1200C. Impact (electric) blue, SE slip-ons, SE Dyno-Jet Kit, SE High-Flow (K&N) Air Filter Kit. 1620 miles. Original owner. Clear title. Better than new. \$8500 OBO. (803) 462-6130.

2003 Harley Davidson Custom Sportster 100th Anniversary Edition. DynafLOW jet kit, Screaming Eagle 2 exhaust system, Highlander seat w/quick detachable sissy bar. Like new, still under factory warranty. 6300 miles. Fresh tuneup/service by Thunder Tower. Must Sell. \$6500 OBO. 803-309-4179.

Motorcycle: 2007 200cc Quadrunner, yellow and black hybrid. My son has ridden and is ready to move up to something bigger. Has electric start and reverse. Nice machine! \$1200. Serious inquiries only. Call 864-363-4760.

903 Trailers Campers

1995 Southwind (Fleetwood) Motor Home: 460 gas engine, power leveling jacks. \$22,000 OBO. Fully equipped, sleeps 8. Generator, 25" TV, gas stove, refrig (gas/elec.), screened section for front rollout cover. CH/AC, 2 elec. bikes, Bathroom w/tub. 803-781-8962 or 803-730-6740.

2000 Coachman Mirada, Class A, Satellite TV, Range w/oven, 4KW Onan Generator and much, much more. \$30,000. Call 803-466-1520 for more details.

REGIONAL CLASSIFIEDS

Announcements
AIRLINES ARE HIRING - Training for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call Aviation Institute of Maintenance (888)349-5387

ATTEND COLLEGE ONLINE from home. Medical, business, paralegal, computers, criminal justice. Job placement assistance. Computer available, financial aid, if qualified. Call 866-858-2121, www.OnlineTidewaterTech.com

CONTRACTORS SEMINARS, INC. Exam preparation to obtain SC state license. General, residential & Mechanical contractors, Certified Pool Operators, Grading, Paving, Sewer. Call 803-772-9596. www.scexams.com

PIANO/KEYBOARD LESSONS BY EAR! ASK ABOUT GROUP LESSONS! ASK ABOUT FREE SEMINARS! SENIORS-KIDS ALL AGES. (DVD'S ALSO) PENNY(803)432-4637.

Announcements
DIVORCE WITHOUT CHILDREN \$85.00, divorce with children \$95.00. With free name change documents (wife only) and marital settlement agreement. Fast, easy and professional. Call 1-888-789-0198.

Auctions
ANNOUNCE YOUR AUCTION IN 102 S.C. newspapers for only \$360. Your 25-word classified ad will reach more than 2.8 million readers. Call Jimmie Haynes at the S.C. Newspaper Network at 1-888-727-7377.

AUCTION Every Thursday night at 6:30. First sale February 21, 2008. New Rules. We will sell all of one persons stuff before we start another. We will pay that night. If you don't sell something-you must carry it back. For more information call Lem 803-600-1861. LIC#3972.

DRAUGHN FARMS AUCTION Friday, March 7th, 10:00. John Deere Tractors & Equipment, Trucks, Tobacco Equipment. 42+/- Acres, Surry County, NC. visit: www.rogersrealty.com (800)442-7906 NCAL#685.

Boats

Carolina Skiff J16.
Yamaha 40hp 4-stroke. 1 year old, low hours. 2 platforms(livewell in rear), center console w/cooler seat. Trolling motor and 2 sonars(1 with GPS). \$10000.00. Call Sam at 803-397-7149. Business Opportunity
ALL CASH CANDY ROUTE. DO you earn \$800 in a day? Your own local candy route. Includes 30 Machines and Candy. All for \$9,995. 1-888-771-3501. Employment

Driver Trainees Needed No CDL? No Problem!
Earn up to \$900/wk.
Home weekends w/TMC
Company endorsed CDL Training
1-888-263-7364

RNs, LPNs, CNAs WE HAVE THE WORK!
PAID THREE TIMES A WEEK
Staffing Assignments For:
♦ Corrections
♦ Nursing Homes
♦ Disability & Special Needs
♦ Alcohol & Substance Abuse

and more
DON'T DELAY CALL TODAY
803-750-8300
www.florencecna.com

HEAVY EQUIPMENT OPERATORS EARN BIG MONEY
Learn to Operate at Associated Training Services
888-642-7023
www.equipmentoperator.com

Attn: CDL-A Drivers
Smith Transport
Home Time
Great Pay & Benefits
Call Us 7 Days/Week
(866)451-2870
www.smithdrivers.com

Caregivers
Do you love the elderly? We are seeking compassionate people and CNA's to help seniors at home. Richland and Kershaw counties, and Cola areas. PT, days & wknd. shifts w/flex scheduling available. Exp. Preferred. Call RetireEASE (803)865-5033 or Local 408-1500.
Baptist Church in need of Minister of Music. 438-5071.

Employment
CMA/RECEPTIONIST NEEDED

for medical office. Experience in both areas required. Duties to include patient contact, collecting CO Pays, Obtaining authorizations and customer service. Please fax resume to: 803-408-3011.

Light industrial needs. NE Columbia. Must have clean background. Pridestaff 803-782-0082.

POSTAL JOBS \$17.89-\$28.27/hr. now hiring. Paid training provided. For application and free government job information call American Assoc. of Labor 1-913-599-8226, 24 hrs. emp. serv.

50¢/LOADED MILE STARTING Pay! \$1000 sign-on to qualified OTR FB drivers! 800-845-4932 ext. 231 www.bulldoghiway.com

Assistant Branch Manager
1st Franklin Financial is currently seeking an Assistant Branch Manager for our Lugoff office. Previous financial experience required. Position requires applicant to be capable, after a brief training period, of backing up existing Manager. Good management and interpersonal skills are a must. Excellent benefits package including health insurance, 401K and performance bonus, as well as advancement opportunities with well established 60+ year old dynamic company. Must be able to work flexible hours and enjoy working in a team environment. Please send or fax resume to: Attn: Br. Mgr., P.O. Box 1660, Lugoff, SC 29078. Fax: 803-408-3432. Applicants for employment will be required to undergo a drug screening test prior to being considered for employment. Equal Opportunity Employer.

ATTENTION OTR DRIVERS
Up to \$3,000 sign-on. Choice of fleets. Affordable benefits. 5% more paid miles. Roehl the take home more, be home more carrier. Students welcome. Class A required. Free CDL training for qualified military vets. 888-867-6345 GoRoehl.com

BARBER WANTED
Two Notch Rd., Columbia
803-736-5868

“CAN YOU DIG IT?”
Heavy Equipment School. 3 wk. training program. Backhoes, bulldozers, trackhoes. Local job placement asst. Start digging dirt now. 866-362-6497 or 888-707-6886.

Christian family seeking someone to sit with elderly lady. 5-7 hours each day. Lugoff area. Call Wesley Dasher at 408-9835 or (c)427-2541.

DRIVER - HOME WEEKENDS!
Co. drivers up to .42 cpm O/O. .90 cpm + FSC, 1 year T/T experience, good MVR, stable work history req. Epes Transport. 1-888-561-9754 www.epesttransport.com

DRIVER TRAINEES NEEDED.
\$975.00 weekly + benefits. Hiring in your area NOW! CDL and guaranteed job in 18 days. Home most weekends after training. 1-877-554-3800.

DRIVERS - Great home time & pay! Company or lease purchase available. Health, vision & dental insurance. Weekly direct deposit. CDL-A & 3 mos. experience. req'd. 800-441-4271 ext. SC-100.

Employment
DRIVERS - FLATBED & REEFER
Average \$1.46-\$1.49/mile paid to truck all miles. Excellent Network, Late Model Equipment, 401k, Blue Cross Insurance 800-771-6318. www.primeinc.com

DRIVERS: LOVE YOUR JOB!
Bonus & paid orientation. 36-43 cpm. Earn over \$1,000 weekly. Excellent benefits. Class A and 3 mos. recent OTR required. 800-635-8669.

FIREFIGHTER AND EMT!
Paid on-the-job training for HS diploma graduates. Good salary and benefits. Physically fit, under age 34. For local interview, call 800-662-7231.

Fortune Academy Real Estate Pre-Licensing classes are available at Central Carolina Technical College. Call 774-3338 for more information.

Front Desk Position/Full-Time Nursing Positions Available. Must be a people person & multi-tasker. Flexible hours. Excellent benefits and competitive salaries. Please fax resumes to 803-438-9783, Attn: Mary.

Get rolling in your new career! Call Xtra Mile to enroll for CDL Class A training. Financial aid available. 15 locations to serve you. 1-866-484-6313.

Hawthorpe Home Builders now accepting applications for sub contractors. To apply mail in proof of insurance, D.O.B., S.S.N.# for background check & price list. Send company information to: 9905 Wilson Blvd., Blythewood, SC 29016.

Looking for the Real Deal? At Bunch Transport, U avg. 52K a yr. + Benefits + solid home time. 2 yrs. Exp. Class A CDL. Call 800-255-4807 X1961.

OWNER OPERATORS - Great pay/fuel surcharge. Daily/weekly home time. Respectful family atmosphere. Southeast regional runs. Clean criminal background, mvr, Class A CDL, 1 yr. Exp. comtraklogistics.com 1-866-730-8725.

REPORTER
Camden Media Company has an immediate opening for a part-time Reporter (20-25 hours per week) for on-post work at its army newspaper, The Fort Jackson Leader. Good pay and working conditions.
Fax resume to: Mike Mischner @ (803)432-7609 or email: mmischner@ci-camden.com

SECRET SHOPPERS NEEDED - For store evaluations. Get paid to shop and rate local stores, restaurants & theaters. Flexible hours, training provided. 1-800-585-9024, ext. 6803.

Skills Employment Personnel, Inc. accepting applications for machine and light industrial operators also forklift drivers. New applicants ONLY, apply in person. Bring: High school diploma, picture ID and Social Security card. New location across from James Irving Ford, Lugoff.

WE NEED DRIVERS!!
Immediate openings. OTR drivers, minimum 1 yr. OTR experience. Late model conventional tractors/48' flatbed trailers. Top pay, insurance. Home most weekends. Senn Freight 1-800-477-0792.

Employment

Terminix Service, Inc. is looking for motivated individuals for full-time position that combines sales and service. Sales experience a plus! Paid training. Company vehicle. Great benefits including medical, dental and life insurance, 401(k), and profit sharing! Enjoy the freedom of working at Terminix along with the quality relationships you will build with co-workers and customers. Apply online at www.TrustTerminix.com, fax resume to 803-432-3316 or apply in person at 911 Lyttleton Street in Camden between the hours of 8am and 5pm.

Horses & Supplies

HAY

For Sale

- Large Round Bales
- Small Round Bales
- Small Square Bales

Horse Quality

Delivery Available

Bell Farms,

Ward, SC

803-685-7301

Horses For Sale: 6 yr. old mare, \$600. 7 yr. old gelding, \$400, 3 yr. old mare \$100. Will sell all 3 for \$800. 803-427-2162 Kevin. Lost & Found

Lost in the Elgin Area. Taz, a brown lab mix and Kit a black and white border collie. Last seen Christmas Eve. Both are spayed and wearing collars. Please call 803-609-6985 or 803-428-2301. Merchandise

BED MATTRESS SETS

Brand New. King Pillowtop set, \$275; Queen Pillowtop \$165; Full \$110. (803)736-4799. Close to Camden.

I cemetery lot, Forest Lawn Garden of Devotion. Sells for \$1600, asking \$1200 OBO. 427-1306.

BUY WHOLESALE White pine kiln dried logs. Dovetail and saddle-notch beams, log siding, log home. Trim tongue-groove. Contact Brandon Cook 1-800-467-3006.

Firewood For Sale. Half or full truckload. Pick-up or delivered. Call (803)424-5293 anytime.

FOR SALE: Mans 7 diamond ring. Total of 3 3/4 karats. Perfect cut diamonds. Call 803-600-8646.

SAWMILLS FROM ONLY \$2,990.00 - - Convert your logs to valuable lumber with our own Norwood portable band sawmill. Log skidders also available. www.norwoodsawmills.com/300 N. Free information: 1-800-578-1363, Ext. 300-N.

WE BUY FOR CASH: Gold, Jewelry, Coins, Guitars. Camden Pawn Downtown 803-425-5727.

Mobile Home

BRAND NEW 3BR/2BTH. Owner Financed. \$499/mo. (803)327-1430.

NEW FINANCE PROGRAM. Federal Funds available for Modular or Manufactured homes. ZERO down. Low payments. NO closing cost. Bad Credit OK if you own your own land or a relative will give you land. For your approval by phone call 800-650-1121.

Got Land? 0 Money Down to Qualifying Land Owners. Clayton Super Store 877-659-5425.

Got Tax Money? As little as 3% down, payments less than rent. Clayton Super Store 877-659-5425.

TAX TIME! Bring your refund. We have a New Single, Double or Mod waiting for you. Clayton Super Store 877-659-5425.

Mobile Home

PRE-OWNED 4 AND 5 BR DWs. Largest selection in SC. Prices starting at \$25K to \$45K delivery and setup included. Completely remodeled, like new. Financing available. Call 803-494-3800, Sumter, SC.

Why Rent When You Can Own? Guaranteed Financing.

We own the bank!

Call Hermitage Farms 803-432-7221

hermitagefarms@mhcomm.com

Motorcycles

FOR SALE: 2005 Suzuki Boulevard C-50. Black & chrome with windshield, saddle bags, sissy bar and tank cover. 13,000 miles. \$4,650. Call 669-1973 or 425-4927 after 8pm.

Pets & Supplies

Free To Good Home. 2 adult female Boxers. 1 Brindle, 1 Fawn. Daytime 803-513-8842, After 7pm 803-425-0001.

Real Estate

LAKE WATEREE

Cute remodeled lakefront cabin. Dock

\$269,900 Larry Jackson

Lake Wateree Real Estate

(803)438-3459

www.GO2LAKE.com

26 acres. Minutes from I-20, Lee County. Frontage or 2 paved roads. Perfect for homesites, horses, hunting, harvestable timber. Possible pond site. \$105,000. 803-428-6745 or 803-428-6576.

3 Bedroom 2 Baths, Den w/Fireplace gas logs, 1470 sq. ft. Brick. 1905 Medfield Drive Camden. \$119,900.00 Call (803) 432-2983

40 acres on Lucknow Rd. in Kershaw County. Includes 1652 sq.ft. modular home, built new in 2004. 3BR, 2BA, fireplace, fenced-in backyard, 30x40 insulated work shop. \$219,000. Call Brian 309-4218.

A deed is all you need! Own your new home today!! All applications will be accepted. Limited time only. No money down. Low rates, Low monthly. Call (803)518-2587.

Awesome quality 3BR house/yet prudent investment. Buy Now/Reduced Price. Ready to Occupy. Camden/US#1 off Mill St. Graham Realty, Inc. (803)432-7370; 803-424-7033(c).

Buy homes with 0 money down. Call 803-518-2587.

Charlotte Thompson area (near I-20) 1 1/2 acres or more. \$7500/acre. Wooded Homesites. 4 miles to town. Call 1-800-331-1457, Roland Realty.

COASTAL GEORGIA 1/2 acre+ \$89,900. Incredible community, water & marsh views, Year-round temperate weather in the Golden Isles. Enjoy boating, fishing, walking, family/retirement living. Great financing available. Call 1-888-513-9958. Visit www.Peninsula-Goldenisles.com

Credit troubles - You can still be a home owner. Call 803-518-2587.

Do You Own a...

house & need to sell it? Call now! 24-hr. FREE rec. msg. 800-757-7803

DRASTIC REDUCTION. 4BR modular, many features including dream kitchen, bay window, huge entertainment room w/wetbar. Heart of Lugoff on quiet street just off Hwy. 1. Won't Last! Call Dave 427-0701. Unlimited Realty.

Modular home on land. Very low payments. Call 803-518-2587.

Real Estate

FSBO. 2128 sq.ft., 4BR, 2BA, Eat-In Kitchen, DR, LR, Den, Gas Fireplace, Storage Shed on 7.8 Acres. Antioch area. \$165K. Call 803-572-1432.

HARRISBURG, NC, Charlotte Metro Area Land Auction. 79 acres prime industrial land offered in 5 tracts, 10-24+/- acres. Tuesday, February 26. This prime property is only 3 miles from Lowes Motor Speedway and is ideal for NASCAR race teams, related industries, developers and other industrial users. The prime location is only 13 miles from the heart of Charlotte and has easy access to I-485, I-85 and I-77 via NC Route 49, a major 5 lane thoroughfare. 5% Buyer's Premium Applies. Contact Woltz & Associates, Inc., Brokers and Auctioneers (NC#7560). www.woltz.com 800-551-3588.

House for sale to be moved. 900 sq.ft. \$10,000. Price includes moving fee. Great to remodel for rental property. AABC House Moving 432-2825.

New modular home: 4 bedroom, 3 bath over 2100 sq.ft. while they last. Lugoff, Elgin, Camden. 0 Down Special Financing. Slow Credit OK. Call (803)729-8227 ask for Chris.

TIMESHARES RESALES!!!

The cheapest ways to buy, sell and rent timeshares. No commissions, or broker fees. Call or go to 1-866-901-9889 www.buyatimeshare.com

Rentals

**2BR, 1BA Townhouses in beautiful downtown neighborhood. King Haigler Apartments, \$550. Call 713-9154 to view.

**RENTALS-(All Price Ranges). Large/small, 4BR/3BR/2BR Houses, Condos, Apts, Mobile Homes(SC Housing Vouchers Considered.

Commercial/Office/Retail Property Available. Graham Realty, Inc. (803)432-7370.

COLUMBIA I-20

APARTMENT/OFFICE CONDO. Pay A Single Rent (\$795/Month) For Both Apartment (Upstairs) and Office (Downstairs). Sign Locations Visible to I-20 and Trenholm Rd. Extension. Ample Parking. Purchase for \$79,900 or rent with option to purchase. 803-788-8452 *Two small 2BR, 1BA mobile homes, mostly furnished. Nice yards. 425-5116.

0 Down, Low Payments. Own Your Home. Call (803)979-9988.

1st Month Free!! All sizes of warehouses available. ALSO, large warehouse for rent, 10x60, \$180/mo. Morris Properties 432-0539.

2BR House in Camden. Fenced yards. Pet negotiable. \$575/month plus security deposit. 408-3148.

2BR, 1BA lake cottage with dock. \$700/month plus utilities. 1785 Kanawha Trail, Camden. No Indoor Pets. 432-6226.

2BR, 2BA mobile home. Close to I-20 and Pine Tree Hill School. \$525/mo. plus deposit. 438-6615 or 427-4442.

6BD, 2BA HUD HOME \$222/MO. or \$27,900. More homes available! 5% down, 20 years @ 8%. For listings 800-391-5228 xT621.

CAMDEN/BETHUNE

3BR/1BA House, Hwy.#1, behind American Legion, 932 Wateree. \$600/mo, \$600 security. Hwy.#341, 2812 Best Road, \$485/mo, \$485/security. 803-772-8875.

Rentals

Commercial Building For Lease in Lugoff. 3200 sq.ft. with front office space on Frontage Road. Visible from I-20. \$1,000/mo. and 1 month security deposit. 438-6756.

Cottage available in Mill Village. Small (1BR), but spacious. Central heat/AC, W/D, pine floors, nice kitchen, fireplace. 2010 Kendall St. \$565/mo. Patricia Richardson 432-0818, 10-6pm.

DOWNTOWN. Non-smoking! 1BR furnished efficiency including utilities. \$495 + deposit + references. 803-425-8200 or 427-0017.

ELGIN: 2BR, 1BA Mobile Home. 500-A Owl Lane. Clean. \$600/mo., \$600 deposit. 463-7388.

Energy Efficient/Ground Level-(Save Money). 2BR apartment. \$425/mo.-\$450/mo. or 3BR starting at \$500/mo. SPECIAL MOVE-IN DISCOUNT. Call Graham Realty, Inc. 432-7370.

FOR LEASE: Beauty Shop, Barber Shop, or Office Space. Call Judy Clyburn 803-438-6402

Large 3BR, 2BA manufactured home. Approx. 6 miles from Lugoff. \$650/mo., \$500 security deposit. No Pets. 438-9413.

Large mobile home lots with trees in the Cassatt area. Not in a mobile home park. Call 432-1300.

Moblie Home Lot for Rent. Either SW or DW on private property. Lugoff area. 803-438-9896 No Calls After 9 pm.

N. Myrtle Beach Condo For Rent. \$750 Weekly, \$300 Weekend. Ocean View. Walking distance to restaurants, game rooms & dancing. 803-572-1310 or 572-1314.

NEED RENTERS? ADVERTISE your vacation home to more than 2.8 million South Carolina newspaper readers. Your 25-word classified ad will appear in 102 S.C. newspapers for only \$360. Call Jimmie Haynes at the South Carolina Newspaper Network at 1-888-727-7377.

New House For Rent. 1474 Mt. Zion Rd., Cassatt. 3BR, 2 Full Bath. Appliances included. \$700 rent, \$700 deposit. 803-309-3870.

NORTH MYRTLE BEACH, SC - Oceanfront! Up to 20% off your next vacation week. Private homes/ condos. Spring/Summer Get-A-Ways! Free brochure. Call 1-866-276-6156 or www.northmyrtlebeachtravel.com

Office Space For Rent on Hwy. 1 in Lugoff. 803-438-3399 or 803-549-8347 (cell).

Rent no more. Own for the same \$ - Find out how, call (803)979-9988.

RENT, LEASE OR SELL. Remodeling-Will Build to Suit. 1800 sq.ft. with office. \$500/month. 1314 Skyview Drive, Camden(Old Sealtest Building). Sell or Lease-Price is Negotiable. No Deposit Required. Call Brett Morris with Morris Pest Control at 432-5556.

Se rentan apartamentos+casas. Apartamentos desde \$400-\$600 con 2 cuartos. Casas desde \$700.00 con 3 cuartos. Telefono (803)427-5159. Graham Realty, Inc.

Spacious 2BR Condo in quiet park-like setting only \$520/month. camdencondos.com or 432-5215. Office Hours: Monday, Tuesday, Thursday & Friday 9:00-5:00.

Service & Repair

*****A Perfect Window****- Professional Window Cleaning and Pressure Washing. Residential & Commercial. Licensed, Bonded & Insured. Free Estimates. 432-3927.

**Additions, Vinyl Siding & Windows, Kitchen, Bathroom, Decks, Painting, Insurance Claims. Free Estimate. Ceramic Tile. 803-438-7463.

***A Notch Above Tree Care.

Full tree service w/stump grinding. Licensed/ Insured. Free Estimates. Quality servicereasonable rates. 29 yrs. experience. 803-983-9721. Free Mulch.

Cox's Home Repair

Electrical, Carpentry, Plumbing, Etc. 408-2625, Cell 420-8668. mcox51@bellsouth.net

Sanders Plumbing

Affordable Quality Service. 24/7 Emergency Service. No extra charges for after hours. 432-2901.

26 YEARS EXPERIENCE Remodeling/Additions, Garages, Vinyl Siding, Shingles, Metal Roofing, Concrete. Darryl McCaskill. Painting, call Linda. 424-1253/549-7860(cell). Licensed and Bonded. Free Estimates.

A1 LAWN CARE. We cut grass, trim hedges and trees, pressure wash and clean gutters. We also offer tree removal and garden tilling. "Anything you need done, we can do." Licensed • Free estimates. Erik (803)463-4172 (cell).

A1 Top Choppers Tree Service. Licensed, Bonded, Fully Insured. Tree trimming, removal, all forms of tree work. 427-7698, 438-8740.

Backhoe and Bush Hogging, Lot Clearing and Grading. 432-7598 or 309-0508.

Decks Unlimited-Southern Style Metal Roofs: Free Estimates. Decks, Porches, Sheds, Metal Roofs, Playhouses, Horse Stables, Home Repairs, Framing & Additions. Licensed/Insured. Randy 803-713-0540/(c)803-309-2303/(c)803-243-2654.

GOOD OLE BOYS CONSTRUCTION. We do remodeling work, painting(inside or out), shingle work, vinyl siding, wood stairs, hardwood floors, any type ceramic tile work, any type fencing work, any size deck or screen porch, blow insulation in house attics & hang insulation. We can build new homes on your land starting at \$80/ft. We can build any size building you want. No job too big or too small. One call, that's all! David Ross 803-600-0470.

Heating & Air Conditioning Service, Repair & Replacement. No heat or air? Same day service. 803-438-6518 or cell 238-4640.

Heating or Cooling Problems?

Let the experts handle it - Any make or model - Residential or Manufactured Homes. 49 yrs. Experience - licensed & insured. Call Hat-Field's MH Heating & Cooling 803-905-1902.

HOMEGUARD

CONSTRUCTION

- remodeling, & additions, tile, vinyl siding, replacement windows, decks, painting, electrical, plumbing. Licensed, Bonded. FREE Estimates. 438-6540.

If you have a need to have your residence, office or commercial building cleaned, please call Dale at 432-0389. Have good references.

Service & Repair

Langley Electrical Contractors - When Quality Counts. For all your electrical needs call 803-432-6527.

LOCKSMITH

A-1 Camden Lock & Key. 24 hour service. Doors unlocked, locks installed, keys replaced. Call 243-8447 or 424-0090.

Snyder's Stump Grinding. Most for as little as 75¢ an inch. Call 425-4268, leave message, or (cell) 427-1226.

TREE WORK:

Carolina Professional Tree Service, since 1984. Licensed and bonded. Free estimates. Please call 432-9385. 24-hour Emergency Service.

Triple H Specialties. Land clearing, hauling, grading & pond construction. Call Jason 803-427-3771.

Transportation

1991 Ford F150 Lariat 4x4. AC, PW, PS, 250 6 cylinder 5 speed. \$2700 OBO. 803-427-2162.

1999 SD F250 4x4 XLT Supercab, 6.8L EFI V-10. Deep Wedgewood Blue/Grey Interior. 170K, One Owner/Well Kept. \$13,200. 704-773-0868.

2002 Dodge Ram 1500 Quad Cab. 4.7 V8 low mileage motor. \$7500. 803-427-2162.

ATTENTION: No Credit, Bad Credit, No Problem. Come by Credit Auto Sales and ride today! Down payment as low as \$500. Hwy. #1 South, Lugoff. 438-2700.

FOR SALE '02 Chrysler Sebring. Dark red w/gray interior. Phone 432-7705.

Wanted to Buy

Quick Cash For Your Coins. Individual or Collection. Silver or Gold. Call David anytime at 803-732-2339.

I buy junk cars and pay top dollar. No one can beat my price. 803-459-3994.

KASH-4-KARS Do some early spring cleaning. **Paying Top \$** for junk cars. (803)549-0781.

Yard Sale

If you don't have time to have your yard sale, give me a call & I will come make you an offer for your stuff. 803-669-1747.